

DIPLOMA IN AYURVEDIC HEALTH CARE ASSISTANCE

Course Title and Course Description

The course shall be called as the “**Diploma in Ayurvedic Healthcare Assistance**”. This course is designed to prepare Health Care Assistants in Ayurveda with basic knowledge on patient care and skill in providing all authentic Ayurveda treatments on instruction of a Doctor and assist in giving proper Ayurveda Care for the patients in the hospital settings.

The program will be conducted at a hospital approved by the Bharathiar University under the CCII program. Candidates shall abide by the stipulated timings, discipline, rules and regulations of the hospital to which they will be assigned for the entire course.

REGULATIONS

1. Admission Criteria:

- a) Pass in +2
- b) Both Male and Female aged 17 years and above
- c) Graduates can also apply

2. Course Duration:

The duration shall be 12 months Full Time (Residential) which includes 6 months internship. The candidates admitted to this course would spend at least six hours a day and 30 hours per week in the Bharathiar University approved Hospitals.

3. Medium of Instruction:

English shall be the medium of instruction

4. Courses and Scheme of Examination:

THEORY PAPER	SUBJECT	CREDITS	MAX MARKS	
			INTERNAL	EXTERNAL
1	MOOLASIDHANTHAM	5	40	60
2	BASICS OF ANATOMY & PHYSIOLOGY	5	40	60
3	BHAISAJYA KALPANA	5	40*	60
4	TREATMENT – I	5	40*	60
5	TREATMENT – II	5	40*	60
6	GENERAL AYURVEDIC NURSING	5	40	60
7	FUNCTIONAL ENGLISH	4	40	60

*Internal assessment is based on the candidate's regular performance in practical area & Practical exams

5. Practical Training:

Being practical oriented program the focus will be more for practical training. The candidate shall undergo a practical training in various OPD's and wards in the Bharathiar University affiliated Hospitals.

6. Requirement to appear for examination:

A candidate should put in a minimum of 80% attendance to be eligible to appear for the examinations.

7. Passing minimum:

To pass

a. A Candidate shall secure a minimum of 50% marks individually in the Internal and External Examinations. A candidate failing in any one component will have to reappear for that particular component only in the supplementary examination.

8. Classification of successful candidate

A candidate who has secured 75% and above, aggregate in the theory and practical examinations, in the first attempt, shall be deemed to have passed the examinations First class with distinction.

A candidate who has secured 60% and above aggregate in the theory and practical examinations in the first attempt shall be deemed to have passed the examination with First Class.

Other successful candidates shall be declared to have passed the examination in Second Class.

9. Conferment of degree:

A candidate, who has passed all the examinations as prescribed, shall be eligible to receive the “**DIPLOMA IN AYURVEDIC HEALTH CARE ASSISTANCE**” from the Bharathiar University.

10. Ranking:

Candidates who have passed all the examinations in the very first attempt and secure the first five positions in aggregate Marks will be awarded University ranks.

11. Revision of regulations and syllabus:

The syllabus and regulations of the course are subject to modification by the concerned board every 03 years.

12. Question paper pattern:

University examination shall be conducted for 60 marks. The pattern of question paper for the entire subject shall be follows:

- Multiple choice / one word answers : $10 \times 1 = 10$ marks (no choice)
- Short notes (100 words/ one paragraph) : $5 \times 4 = 20$ marks (either/or type)
- Elaborate (300 words or $1\frac{1}{2}$ paper) : $10 \times 3 = 30$ marks (either/or type)

13. Award of Internal Assessment Marks

Internal assessment marks for Papers 1, 2, 6 & 7 will be awarded based on the Marks obtained in the three Internal Assessment Tests.

Internal assessment marks for papers 3, 4 & 5 will be awarded based on the candidate's regular performance in the practical area (Treatment Rooms & Kashayam room) and one practical exam marks.

CURRICULUM FOR DIPLOMA IN AYURVEDIC HEALTH CARE ASSISTANCE

INDEX

1. MOOLASIDHANTHAM
2. BASICS OF ANATOMY & PHYSIOLOGY
3. BHAIKAJYA KALPANA
4. TREATMENT – I
5. TREATMENT – II
6. GENERAL AYURVEDIC NURSING
7. FUNCTIONAL ENGLISH

PAPER-1
MOOLASIDHANTHAM
(Basics of Ayurveda)

Objective:

To understand the basic of Ayurveda so as to handle treatment effectively

UNIT – I

Introduction to Ayurveda

Origin of Ayurveda

Basic description about eight branches of Ayurveda

UNIT – 2

Introduction to Panchamahabootha, its Qualities

20 Gunas in Ayurveda

Introduction to Six tastes and its relationship with Pancha maha bhoothas.

UNIT – 3

Doshas- Definition,Description,Qualities,Location

Normal Functions & influencing Factors of vata pitha And Kapha

Signs of Increase And Decrease of Doshas

Relation ship between Doshas & Pancha maha bhoothas

Classification of Vata Pitha kapha and their functions And locations

UNIT – 4

Definition, Description, Classification,Normal functions,Signs of Increase and decrease of Dhatus and malas

Relationship between Doshas & Dhatus

UNIT – 5

Dinacharya

Rtu Charya

UNIT- 6

Ayushkameeyam Adhyayam of Astanga Hrdayam Soothra Sthanam.

Reference and Books

Ashtanga Sangraham & Astanga hrdayam Soothra Sthanam

PAPER-2
BASICS OF ANATOMY & PHYSIOLOGY

Overall Objective: To understand the basic concepts of Anatomy and Physiology with introduction of Ayurvedic understanding and to develop desirable attitude and skill in application of these knowledge while providing therapy to the patients.

Unit 1:

Word Meaning & Outline of Rachana & Kriya Shareera

Unit 2 :

Definition & subdivisions of anatomy, anatomical position and terminology, regions and system of the body, cavities of the body and their contents.

Different types of cells, tissues, organs & glands.

Unit 3:

Selection – Definition axial and appendicular skeleton with names and location of bones joints –Types of joints and kinds of movement possible.

Muscles – Definition, types of muscles, functions of the muscles, bone and joints.

Digestive System- Structure, Function,location & organs involved in digestion

Unit 4:

Location, external features, functions of brain & spinal cord.
Location, features, functions of the sense organs.

Unit 5 :

Shape, structure of heart, blood supply to heart and functions of cardio vascular system
Name, organs involved and functions of respiratory system.

Course material will be provided

PAPER-3
BHAISAJYA KALPANA
(Ayurvedic pharmacology)

UNIT – 1

Introduction to Dravya guna & Baishajya Kalpana
Details of 40 ayurveda herbs (annexure 1) its identification, collection, storage & its uses in treatment.

UNIT – 2

Introduction to Mana Paribhasa
Panchavidha Kashaya Kalpana

UNIT – 3

Materials Required & Preparation of kashaya, Choornam, Thailam, Ksheerapakam, Kalkam, Swarasam & Vati

UNIT – 4

Common groups of herbs in Ayurveda –
Triphala, Trikatu, Trijathaka, Panchakola, Lavana
Panchaka, Dashamoola, Shadanga, Nalpalmarum, Panchagavyam.

UNIT – 5

Maintenance of hygiene, cleanliness and waste disposal of our used medicines and left over

PROCEDURES TO BE COMPLETED: Record

Reference books- Text book of Baishajya Kalpana by Dr Shobha G Hiremath.

Dravya guna vignyan – Dr J L N Shastri

PAPER-4 **TREATMENT-1**

To understand the poorva karma, pradhana karma and paschat karma of all ayurvedic treatments and to get hands on experience of all the treatments.

UNIT – 1

Snehanam and Swedanam – Definition, Qualities, Classification, Materials(dravyas) used, Indications, Contra indications, Procedure, Signs of Proper, Improper & excessive therapies, Benefits, Precautions, Post therapy Regimens.

UNIT – 2

Abhyangam, ElaKizhi, Podikizhi, Navarakizhi, Dhanyamlakizhi, Navarathepu, Udvarthanam, BaspaSwedam, Avagaham- Definition, Materials Required, Attendants, Procedure, Method of preparation, Time & Duration of the procedure, benefits, Contra indications, Precautions & Post therapy regimens.

UNIT – 3

Taila Dhara, Takradhara, Kshira dhara, Kashaya Dhara, Pizhichil, Ekanga Dhara, Sarvanga Dhara - Definition, Materials Required, Attendants, Procedure, Method of preparation, Time & Duration of the procedure, benefits, Contra indications, Precautions & Post therapy regimens.

UNIT – 4

Katee vasthy Janu Vasthi, Uro vasthi, Greeva Vasthi, Lepam, Upanaham, Nadi Swedam and ksheera dhumam, Pichu, Bandhanam, Kshalanam- Definition, Materials Required, Attendants, Procedure, Method of preparation, Time & Duration of the procedure, benefits, Contra indications, Precautions & Post therapy regimens.

UNIT – 5

Aschotanam, Anjana, Bidalakam, Tarpanam, Karnapoornam, Gandusha, Kavala, thalam, Thala pothichil - Definition, Materials Required, Attendants, Procedure, Method of preparation, Time & Duration of the procedure, benefits, Contra indications, Precautions & Post therapy regimens.

Course material will be provided

PAPER-5
TREATMENT-II

UNIT – 1

Introduction & Importance of Shodhana & Chikitsa
Introduction, Aims & Objectives of Panchakarma (Acc to Vagbhata)

UNIT – 2

Vamanam, Virechanam- Definition, Drugs Used, Indication, Contra indication, Procedure, Features of proper, insufficient & excessive therapy, Precautions & post therapeutic regimens.

UNIT – 3

Basthi- Definition, Classification of Asthapana & Anuvasana basthi, Drugs Used, Indication, Contra indication, Procedure, Features of proper, insufficient & excessive therapy, Precautions & post therapeutic regimens.

UNIT – 4

Nasyam- Definition, Classification, Drugs Used, Indication, Contra indication, Procedure, Features of proper, insufficient & excessive therapy, Precautions & post therapeutic regimens.

UNIT -5

Rakthamokshanam –Introduction, Classification, Indication, Contra indication, Procedure, Features of proper, insufficient & excessive therapy, Precautions & post therapeutic regimens

Reference Book- Astanga sangraham & Astanga Hridayam soothra sthanam

PAPER-6
GENERAL AYURVEDIC NURSING

Objective:

To understand the value of profession and to acquire knowledge about patient management and to cope up with the modern patient care methodologies.

UNIT – 1

Definition of health and illness
Role of Health care assistance in Ayurvedic industry
Four limbs of treatment according to Ayurveda
Communication among the health care team and maintaining effective communication.

UNIT – 2

Basics of First aid care.
Basic life support
Handling bed sores

UNIT – 3

Handling patients during treatment and transporting them from room to treatment room vice versa
Knowledge about range of motion and joint mobility
Negligence

UNIT – 4

Knowledge about vital data and vital signs like blood pressure, temperature, Pulse, Respiration and their monitoring methods

UNIT – 5

Maintenance of records and reports regarding treatment
Maintenance of cleanliness of the patient and environment hygiene
Personal hygiene & Behaviour

Course Material will be provided.

PAPER-7
FUNCTIONAL ENGLISH

Objective:

To develop ability in the students to have precise self expressions both in verbal and written forms and in objective reporting to make students think creatively and analytically and to develop in them correct pronunciation.

UNIT – 1

Communication – barriers of communication, overcoming the barriers, listening barriers & guidelines for effective listening.

UNIT – 2

Effective speaking, English for Hospital and treatment
Polite and effective enquiry, response to enquiry manners and etiquette in communication.

UNIT – 3

Addressing a group, essential qualities of a good speaker
Delivering the speech, pronunciation
Importance of speech in hospitals

UNIT – 4

Oral communication – Job interview – Group discussion – telephonic conversation

UNIT – 5

Inter personal communication – dealing with doctors and patients.

Annexure 1

1. Kola
2. kulatha
3. Devadaru
4. Rasna
5. Masha
6. Tila
7. Kusta
8. Vacha
9. Shatapushpa
10. Eranda moola
11. Bala Moola
12. Mustha
13. Amalaki
14. Haritaki
15. Vibhitaki
16. Sunthi
17. Maricha'
18. Pippali
19. Gokshura
20. Methika
21. Yasthimadhu
22. Vilvam
23. Vacha
24. Bhumiamalaki
25. Bringaraja
26. Guduchi
27. Nirgundi
28. Dattura
29. Chinchu
30. Karanja
31. Shigru
32. Eranda
33. Arka
34. Punarnava
35. Sahachara
36. Kumari
37. Jambeera
38. Ushira
39. Tulasi
40. Shaastika