

**Syllabus for the post of**  
**Insurance Medical Officer(Ayurved),Class-2**  
**(Employees' State Insurance Scheme)(Advt. No. 21/2024-25)**

Marks-200

Questions-200

Medium-English and Gujarati

**1. Basic Principles**

Details of Dosha, Dhatu, Mala; their locations, functions, types, Prakopa, Vruddhi and Kshaya. Sama and Nirama Lakshanas. Doshpaka & Dhatupaka Lakshanas. Dhatu, Upadhatu, Mala and Indriya Pradoshaja Vikara.

**2. Dravyaguna Vijnan (Pharmacology & Materia Medica)**

Types of Dravya- Rasa-Guna- Virya-Vipaka- Prabhava and Karma.

**Karma:** Deepana, Samshamana, Bhedana, Lekhana, Madakari, Vyavayi, Vajeekarana, Brimhana, Pachana, Anulomana, Rechana, Grahi, Pramathi, Vikashi, Jeevaneeya, Langhana, Samshodhana, Sransana, Chhedana, Sthambhana, Abhishyandi, Rasayana, Balya, Medhya.

**Mishraka Gana:**

**(a) Audbhida Gana (Vegetable origin):** Brihatpanchamoola, Laghupanchamoola, Trijataka, Kantakapanchamoola, Panchavalakala, Triphala, Trikatu, Panchakola, Chaturajataka.

**(b) Jangama Gana (Animalorigin):** Ksheerashtaka, Mutrashtaka.

**(c) Parthiva Gana (Mineral origin):** Lavana Panchaka, Kshara Dvaya, Kshara Ashtaka.

**Sanskrit Name, Botanical Name, Family, Synonyms, Regional Name, Parts Used, Rasa Panchaka, Doshaghata and Indications:** Agnimantha, Amalaki, Apamarga, Aragvadha, Ardraka-Sunthi, Arjuna, Ashvagandha, Asoka, Ativisha, Ajamoda, Bakuchi, Bala, Bharangi, Bhrungaraj, Bibhitaka, Bilva, Brahmi, Chitraka, Dadima, Ela, Eranda, Gokshura, Guduchi, Guggulu, Haridra, Hingu, Jambu, Jatamansi, Jeeraka, Kalamegha, Kanchanara, Kantakari, Katuki, Khadira, Kumari, Kutaja, Lavanga, Lodhra, Madanaphala, Maricha, Musta, Nagakeshara, Nimba, Nirgundi, Pippali-Pippalimula, Punarnava, Pushkarmoola, Rasna, Rasona, Sarpagandha, Shallaki, Shankhpushpi, Shatavari, Shigru, Shirisha, Tila, Trivrut, Tulasi, Tvak, Vacha, Varuna, Vasa, Vidanga, Yastimadhu, Haritaki.

**3. Agadtantra, Vyavahar-Ayurved Evum Vidhivaidyak (Toxicology, Forensic Medicine and Medical Jurisprudence)**

Duties of a medical practitioner in case of suspected poisoning. Visha sources and Visha Upadrava. Vishopakrama described by Acharya Charak.

**Visha and Upavisha -** Arka, Snuhi, Langali, Karaveera, Gunja, Ahiphena, Dhatura, Bhallataka, Vatsanabha, Kupeelu, Jayapala, Bhanga & Tobacco, Parthenium hysteriphorus, Chitraka, Eranda, Digitalis and Cerebra Odallam.

**Jangama Visha**–Sarpa, Keeta, Loota, Vrishika, Mooshika, Alarka –Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadyata. Fatal Dose and Fatal period of Acids, Alkalis, Metals, Non-metals, Asphyxiants poisoning.

Alcohol poisoning (Ethanol and Methanol), Injuries and thermal injuries, Dowry deaths ( Domestic Violence, Asphyxial deaths. Medico Legal importance of Pregnancy, Delivery; Impotence & Sterility, Abortion, Infanticide, battered baby. Virginity, Artificial Insemination, Legitimacy. Sexual offences, Sexual perversion.

#### 4. Rasashastra Evam Bhaishajyakalpana (Iatrochemistry and Ayurved Pharmaceuticals)

**Technical terminologies (Paribhasha):** Avapa, Nirvapa, Dhalana, Bhavana, Jarana, Murchana, Shodhana, Marana, Amrutikarana, Lohitikarana, Mruta Loha, Satwa Patina, Druti, Apunarbhava, Niruttha, Rekhapurna, Varitara. **Parada:** Types of Parada, Parada Dosha, Parada Gati, Name of Parada Sanskara and brief description of Ashtasamskara. Synonyms & Types of the Maharasa, Uparasa, Sadharana Rasa, Dhatu, Ratna, Uparatna, Sudha Varga, Sikta Varga, Kshara Varga. Antidote, therapeutic and toxic doses of following Visha and Upavisha: Vatsanabha, Kuchala, Jayapala, Dhatura, Bhang, Bhallataka, Gunja, Arka, Snuhi. Langali, Karaveera, Ahiphena and Chitrakmool. **Aushadhi Yoga:** Arogya Vardhini Gutika, Garbhapala Rasa, Chandramrita Rasa, Anandbhairava Rasa, Laxmivilas Rasa, Shwaskuthara Rasa, Hridyarnava Rasa, Makaradhwaja, Vatvidhvamsan Rasa, Kamadudha Rasa, Laghusutshekhar Rasa, Sutshekhar Rasa, Tribhuvana Keerti Rasa, Navayasa Loha, Saptamrita Loha, Sweta Parpati, Rasa Parpati, Rasa Sindur, Chandraprabha Vati, Shankha Vati, Sanjivani Vati, Triphala Ghrita, Bramhighrita, Narayana Taila, Anutaila. Triphala Guggulu, Kanchanar Guggulu, Kishor Guggulu, Yogaraj Guggulu, Mahayogaraj Guggulu, Hingvasthatak Churna, Shivaksharapachana Churna, Sitopladi Churna, Talisadi Churna, Avipattikar Churna, Pathyadi Kwatha, Phalatrikadi Kwatha, Rasnadi Kwatha, Dashamula Kwatha, Varunadi Kwatha. Pharamcovigilance and its status in India. ‘Maana’ (Units of measurement), Aushadhsevan kala (Posology), Swarasa, Kalka, Kwatha, Hima and Phanta, Aushadha Siddha Paniya, Tandulodaka, Churna, Avaleha, Ksheerapaka, Vati, Lavana Kalpana, and Kshara Sutra, Sneha Kalpana and Sandhana Kalpana. Yavagu, Manda, Peya, Vilepi, Yush, Dadhi and TakraVarga. Lepa, Siktha Taila, Sarjarasa Malahara, Gandhak Malahara.

#### 5. Roga Nidana

**Dosha Dushyadi Vigyana:** Dosha Vriddhi, Kshaya and Prakopa Lakshana. Dhatu and Mala Kshaya Vriddhi Lakshana. Agni Dushti. Doshagati and Rogmarga. Srotomoola and Srotodushti

**Vyadhi Vigyana:** ICD Classification of Diseases of WHO and DSM classification. Dhatu, Updhatu, Mala and Indriya Pradoshaj Vikara. Definition and classification of Vyadhikshamatva.

**Basic Pathology:** Pathology and its sub-divisions. Definition of inflammation – Healing/repair. Definition of edema – shock – hemorrhage, Thrombosis, embolism, Ischemia and Infarction. Types of Immunity, Name of Acquired immune deficiency disease and hypersensitivity. Nomenclature and classification of tumors - difference between benign and malignant tumors. Classification of microorganisms such as

virus- bacteria-fungus.

**Nidana Panchaka Vigyana:** Roga and Rogi Pariksha. Nidan Panchaka- Hetu, Purva Rupa, Rupa, Upashaya / Anupashaya, Samprapti.

**Pariksha Vigyana:** Trividha, Chaturvidha, and Shadvidha, Ashtavidha, Dashavidha Pariksha. Karanadi Dashavidha Parikshya Bhava.

**Nidana Panchaka (Including Upadrava, Arishta and Sadhyasadyata): Diseases of Rasavaha Srotas:** Jwara, Fever-Malaria, Typhoid, Dengue fever, Influenza and Chikungunya. Pandu, Amavata, Hridroga, Shotha. Anaemia, Rheumatic fever, Rheumatoid Arthritis, Hypertension. **Diseases of Raktavaha Srotas:** Kamala, Raktapitta, Shitapitta, Maha Kushtha, Shwitra. Thalessemia, Sickle cell Anaemia, Urticaria, Psoriasis, Eczema. **Diseases of Mamsavaha Srotas:** Galganda. **Diseases of Medovaha Srotas:** Sthoulya - Karshya – Prameha, Obesity and Diabetes Mellitus. **Diseases of Asthi – Majjavaha Srotas:** Vatavyadhi –Ardita, Pakshaghata, Gridhrasi. Sandhivata. Osteo-Arthritis, Osteoporosis. Parkinson’s disease, Stroke, Lumbago- Sciatica syndrome, Bell’s Palsy, Cervical- Lumber & Ankylosing Spondylitis. **Diseases of Shukravaha Srotas:** Klaibya and Vandhyatva. Male and Female in fertility. **Diseases of Pranavaha Srotas:** Kasa-Shwasa–Rajayakshma. Pneumonia, Bronchial Asthma. **Diseases of Annavaha- Pureeshavaha Srotas:** Amlapitta- Atisara – Pravahika –Grahani. Peptic Ulcer, Irritable Bowel Syndrome(IBS), Diarrhoea, Dysentery, Constipation. **Diseases of Mutravaha Srotas:** Mutrakrichha–Mutraghata. Urinary Tract Infection. **Diseases of Swedavaha Srotas:** Khalitya, Palitya. **Diseases of Manovaha Srotas:** Apasmara, Unmada, Anidra. Epilepsy, Depression. **Upasargjanya Vyadhi (Communicable diseases):** Upadamsha–Phiranga. Measels, Chickenpox, Leprosy, Tuberculosis and AIDS. **Krimi Vigyana:** Krimiroga. Snayuka, Shleepada. Filariasis.

## 6. SWASTHAVRITTA

Dinacharya, Ratricharya, Ritucharya, Sadvritta, Trayopastambha – Ahara, Nidra, Brahmacharya. Astanga Yoga – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Shad chakras.

Parivara Kalyana Yojana (Family welfare Programmes -Family planning). Matru Shishu Kalyana Yojana – MCH programme. Alma Ata declaration National Health Policy. Swasthya Prashasana (Health Administration) – Health administration at Central including AYUSH, State, district, village levels. **National health programmes:** Tuberculosis (RNTCP), Leprosy (NLEP), AIDS (NACP), Blindness (NPCB), Polio (PPI), Diabetes (NDCP), Cancer (NCCP), Guinea worm, Vector born disease control programme, NRHM, RCH programme, Universal Immunization Programme. **National Nutritional Programmes -** IDD, Vitamin A prophylaxis, Mid-day meal, anemia control programmes.

## 7. Prasuti Tantra & Striroga

**STRI HARIRAVIJNAN:** Artava vaha and Stanyavaha strotamsi, Tryavarta yoni. Anatomy of female reproductive system. (External and internal genital organs). **RAJO VIGYANA:** Ritukala. Menarche, Menstrual cycle and their regulation by endocrine glands, Ovulation –Importance in conception. **GARBHA VIGYANA:** Masanumasika Vridhi of Garbha, Garbhasayasthe Garbhasthiti, Foetal attitude, lie,

position, presentation. Apra, Garbha Nabhinadi, Jarayu, Ulba Formation, Development of Placenta, Umbilical cord, Amniotic fluid Abnormalities of Placenta Garbhasya Avayavotpatti. **GARBHINIVIGYANA** : Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha. Dauhrida. Garbha Vyapada: Garbhasrava and Garbhapata- Garbha shosha- Nagodara, Upashushka, Leena garbha. Abortions, Rh-Incompatibility-Causes, clinical features, complications Ectopic pregnancy, Intrauterine foetal death, Multiple pregnancy. **GARBHINI VYAPAD** : Hrilasa, Chardi, Kikkisa, Pandu and Makkala. Common ailments of Pregnancy, Emesis gravidarum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Ante Partum Hemorrhage. **PRASAVA VIGYANA** : Prasavavastha; Prajayani/Upasthita Prasava/Asannaprasava Lakshana, Aavi. Prasavaparicharya, Normal Labour. **SUTIKA VIGYANA** : Sutika Kaal, Sutika paricharya. Stanyavijnan-Sthanyadushti, Stanya Pareeksha. **ARTAVA VYAPAD** : Ashtartavadushti, Asrigdara. **YONI VYAPAD, VANDHYATWA** – Yoni Kanda, Yoni Arsa. **MENOPAUSE, STANA ROGA**: Stanakeelaka, **UTTARBASTI**: Garbhanirodhaka Upaya-Parivar Niyojana, AIDS/HIV control Programme, MCH, PNDT Act, MTP Act.

#### **8. Kaumarbhritya (Ayurvedic Paediatrics)**

Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period. Navajata Shishu Paricharya (Neonatal Care). Navajat Shishu Poshana (infant feeding): Dhatri (wet nurse)- Stanyabhava dugdh Vyavastha (alternative feeding in the absence of breast milk). Stanyadosha (Vitiation of Breast milk). Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth). Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program. Bala Pariksha-Vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). General Aushadhl Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents). Prasava Kaleena Abhighata (Birth injuries): Upashirshaka (Caput Succid anumand Cephalohaematoma). Sahajavyadhi (Congenital disorders): Khandaoushtha (cleft lip), Khanda-Talu (cleft palate), Spina bifida, Meningocele, Meningomyelocele. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Nabhiroga (Umbilical disorders). Kuposhanajanya Vyadhi (Nutritional disorders): Phakka. Aupasargika Vyadhi (Infectious Diseases): Karnamula Shotha (Mumps), Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria), Kukkura-Kasa (Whooping Cough), Dhanurvata (Tetanus), Krimiroga (Worm Infestations), Antrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Rajayakshma(Tuberculosis), Jivanujanya Yakrit Shotha (Hepatitis). Behavioral Disorders of Children: Shayyamutra (Bed wetting), Pica

## 9. Kayachikitsa

Chikitsa Chatuspada. Kriya Kaala. Chikitsa Sutra and Management: Jwara and its types. Pandu, Amavata, Hridroga, Hypertention, Anaemia, Rheumatoid arthritis. Raktapitta, Kamala, Hepatitis, Cirrhosis of Liver, Kushta, Shvitra, Visarpa, Sheetapitta, Udarda, Kotha and Kshudra Roga. Kasa, Shwasa, Hikka, Rajayakshma. Chhardi, Grahani, Amlapitta. Pakshaghata, Ardita, Gridhrasi, Parkinsonism. Gullian Barrie syndrome, Muscular Dystrophy, Myasthenia Gravis. Galaganda, Arbuda, Prameha, Sthaulya, Karshya, Diabetes Mellitus. Sandhi Vata, Osteo Arthritis, Osteoporosis. Klaibya, shukradosha, dhvajabhanga. Mutrakricha, Mutraghata, Ashmari. Atisara, Pravahika, Arsha, IBS and Ulcerative Colitis. Phiranga, Upadamsha, Syphilis, Gonorrhoea. Unmada-Apasmara. Vyadhi Kshamatwa Hinata (Immunod efficiency disorders), Auto Immune Disorders. Daivavyapashraya, Sattwavajaya, Adravyabhuta Chikitsa. Rasayana and Vajikarana.

## 10. Panchakarma

Specifications of Panchakarma theatre and necessary equipment. Snehana, Swedana, Vamana, Virechana, Basti (Anuvasana & Niruha), Nasya, Raktamokshana. Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Pancha-prasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti.

## 11. Shalya Tantra

Ashtavidha Shastra Karma. Kshara Sutra. **Roga & Chikitsa:** Vranashotha–Inflammation, Vidhradi–Abscess, Pidika–Boils, Nadi Vrana-Sinus/Fistulae, Vrana Granthi –Keloid/Hypertrophic scar, Kotha–Gangrene and Principles of Amputation. Granthi–Cyst. Arbuda–Tumour. Vrana. Kadara – Corn. Galaganda – Goitre. Gandamala. Bhagna. Jalodara – Ascites. Chidrodara – Perforation, Peritonitis and Badhagudodara-Intestinal obstruction. Arshas – Haemorrhoids. Parikartika - Fissure-in-ano. Bhagandara - Fistula-in-ano. Guda Vidradi – Anorectal abscesses. Gudabhramsa - Rectal prolapse. Sanniruddaguda - Anal stricture. Ashmari –Vesical Calculus. Mutraghata. Mutrakrichra.

## 12. Shalakya Tantra

Netra Roga, Mukha Roga, Shiro Roga, Nasa Roga, Karna Roga. Ashtavidha Shastrakarma and Anushastrakarma used in the treatment of Shira, Karna, Nasa evam Mukha Rogas. National Programme for Prevention and Control of Deafness.

## 13. Current trends and recent advancements in the above fields.