

**DETAILED SYLLABUS FOR THE POST OF AYURVEDA THERAPIST IN
INDIAN SYSTEMS OF MEDICINE**

Heading	Sub heading	Mark(s)
Module 1 Adisthana Sidhanta of Ayurveda	Ayurveda Ithihas (history)/ Bharateeya Darsana	1
	Ashtanga Hridaya Sootrasthana Chapter 1 -Ayushkameeyam	2
	Ashtanga Hridaya Sootrasthana Chapter 2- Dinacharya	2
	Ashtanga Hridaya Sootrasthana Chapter 4 -Roganulpadeeyam	2
	Ashtanga Hridaya Sootrasthana Chapter 11 -Doshadi Vijnaneeyam	2
	Ashtanga Hridaya Sootrasthana Chapter 12 - Dosha bhedeeeyam	2
	Ashtanga Hridaya Sootrasthana Chapter 13 - Doshopakramaneeyam	4
		15 marks
Module 2 Rachana Sareeram - Anatomy	Garbha/ Garbha vikasa krama	1
	Kala/ Pesi/ Asthi/ Types and classification of bones	1
	Skull/ Cervical, Thoracic and Lumbar vertebrae/ Scapula/ Ribs	3
	Pectoral Girdle/ Pelvic girdle/ Bones of hands and legs/ joints/ bones in ear	3
	Koshtanga/ Dhamani/ Sira/ Srotas/ Lasika/ Hridaya/ Phusphusa/ Vrikka/ Mootrasaya/ Malasaya/ Marma/ Brain and Spinal cord/ Peripheral nerves/ Jnanendriya & Karmendriya	5
Kriya Sareeram - Physiology	Digestion / Ahara Pachana/ Agni/ Dosha/ Dhatu/ Upadhatu/ Ojus/ Endocrine glands and secretions/ Function of heart and circulation/ Blood pressure/ Pureesha mootra and Sweda pravruithi	5
		18 marks
Module 3 Dravya Vijnana	Classification of Dravya/ Rasa/ Guna/ Veerya/ Vipaka/ Prabhava/ Karma	3
	Drugs used for Panchakarma procedures/ Oushadha vyavastha/ Oushadha Prayoga	6

	Marga/ Oushadha Kala/ Mana Paribhasha (Old and New), Understanding of medical Prescription	
Oushadha Kalpana parichaya	Kwatha kalpana/ Thoyapakavidhi/ Choorna Kalpana/ Gulika kalpana/Yoosha/ Yavagu/ Peya/ Vilepi/ Tharpana/ Mamsarasa/ Panaka/ Modaka/ Varthi/ Ksheerapaka/ Dhanyamla/ Vasthi kalpana/ Tharppana and Putapaka	6
		15 marks
Module 4 Panchakarma Vidhikal	Abhyanga/ Samvahana/ Padaghatha/ Pichu/ Moordhataila prayoga	4
	Achapana/Vicharana/ Sadya sneha	4
	Tapa/ upanaha/ ooshma/ drava sweda/ 13 types of sweda/ Anagneya seda	5
	Udgharshana/ Udwarthana	1
	Nasya/ Vamana/ Virechana	8
	Snehavasthi/ kashayavasthi/ matravasthi/ Utharavasthi	4
	Rakthamoksha	4
		30 marks
Module 5 Keraleeya Vishesha chikitsa	Thalam/ Thalapothichil/ Takradhara/ Ksheeradhara/ Dhanyamladhara/ Pizhichil/ Ksheeradhooma	10
	Shashtikapindasweda(Njavarakizhi)/ Patrapotalasweda/ Choornapinda Sweda/ Jambeerapinda sweda/ Dhanyakizhi/ Manal kizhi/ Muttakizhi/ Annalepam	8
	Urovasthi/ Januvasthi/ Kateevasthi/ Greevavasthi	2
		20 marks
General Topics	Basic principles of Yoga therapy/ Physiotherapy	1
	Soft skill development/ Interpersonal relationship/ Communication Skill	1
		2 marks

NOTE: - It may be noted that apart from the topics detailed above, questions from other topics prescribed for the educational qualification of the post may also appear in the question paper. There is no undertaking that all the topics above may be covered in the question paper