

Syllabus for Section-B (Subject Specific)

Post: Ayurvedic Pharmacist

Name of the Department: New Delhi Municipal Council (NDMC)

Post Code: 02/25

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1. Fundamentals of Ayurveda & Swasthavritta

1.1. Fundamentals of Ayurveda

1. Ayurveda Nirupana- Definition, composition and types of Ayu, Definition, synonyms, aim, Trisutra and Ashtanga of Ayurveda
2. Darshan Nirupana- Introduction and importance of Astika and Nastika Darshan
3. Introduction to Rasa Ratna Samuchaya, Rasatarangini, Ayurveda Prakash, Bhaisajya Ratnavali and Rasamrita
4. Shrushti Utpatti (Evolution of the Universe)
5. Maulika Siddhanta – Definition and Classification of Basic principles of Ayurveda viz. Panchamahabhuta Siddhanta, Loka Purusha Samya Siddhanta, Dosha Dhatu Mala Siddhanta, Agni Siddhanta, Mano Siddhanta, Karya- Karana Siddhanta, Samanya Vishesh Siddhanta.
6. Padartha Nirupana - Introduction and relevance of Shat Padartha
7. Pramana Nirupana- Introduction and utility of Pramana Pratyaksha, Anumana, Aptopadesh and Yukti Pramana)
8. Fundamentals of Ayurveda and their relevance in pharmaceutical science

1.2. Swasthavritta

1. Swastha, Swasthya and Swasthavritta – Definition of Health according to WHO, Concept of Wellbeing & Quality of Life
2. Healthy Lifestyle – Dinacharya (Daily regimen), Ratricharya (Night regimen) and Ritucharya (Seasonal regimen)
3. Roganutpadaniya – Concept of Vegadharan and Vega udīranain relation to health and morbidity. Importance of dharaneeyavegas in promotion of Mental Health
4. Sadvritta – Personal, Social and Spiritual Health
5. Trayopastambha – Importance of Aahar, Nidra & Brahmacharya.
6. Basic concept of Yoga – Definition and schools of Yoga, description of Shatkarmas, Ashtangas of yoga, Mudra, Bandha
7. Janapadodhwamsa – Causes, prevention, concept of Vyadhikshamatwa, principles and uses of Epidemiology
8. Environmental Health, Waste Disposal & Disaster Management – Basic knowledge of air water, soil, light, noise, radiation and their pollution.
9. Occupational Health – Definition, Ergonomics, Hazards, The Factories Act 1948
10. Primary Health Centre and National Health Programmes- definition and principles, levels of health care, National AYUSH mission, Reproductive and Child Health, National Tuberculosis elimination programme, National STD control Programme, National Vector born control Programme.
11. Relevance of Swasthavritta in Pharmaceutical Science.

2. Rachana Sharir (Human Anatomy)

1. Anatomical Terminologies – Anatomical position, Definition of terms (anterior, posterior, superior, inferior, medial, lateral, superficial, deep).
2. Structure of cell and function.
3. Concept of Shaarira – Definition of Shaarir and Sharir, ShadangaShaarir as per Ayurveda and Modern.
4. Concept of Koshta and Ashaya Shaarir – Definition, number of Koshtanga and Ashaya.
5. Sira, Dhamani, SrotasShaarir – Definition and number of Sira, Dhamani and Srotas.
6. Bones – Number and types according to Ayurveda and Modern.
7. Brief introduction of anatomy of various body systems – Digestive, Urinary, Cardiovascular, Respiratory, Endocrine, Male & Female Reproductive, Lymphatic, Muscular, Nervous and Integumentary (Skin, Hair etc) systems.

3. Kriya Sharir (Human Physiology)

1. Concept of Kriya Sharir – Definition, description of Sharir Dosha and Manasa Dosha, relationship between Triguna-Tridosha&Panchamahabhuta.
2. Tridosha – Vyutpatti, Nirukti, locations, properties and general and specific functions of Vata, Pitta and Kapha.
3. Prakriti – Deha-Prakriti; Manasa-Prakriti
Deha-Prakriti- various definitions and synonyms for the term Prakriti, classification and characteristics of each prakriti.
Manasa-Prakriti- Introduction, characteristics and types.
4. Agni – Definition and classification.
5. Dhatu – Introduction to Dhatu & Dhatuposhan Nyaya.
6. Upadhatu& Mala – Introduction to Concept of Upadhatu& Mala and differentiation.
7. Brief introduction to physiology of following systems- Digestive and Urinary, Cardiovascular, Respiratory, Endocrine, Male & Female Reproductive, Muscular and Nervous systems.

4. DravyagunaVigyana

1. Introduction to Dravyaguna Vigyana – Definition, history, importance and relevance of Ayurvedic pharmacology.
2. Classification of Dravyas including Ahar and Aushadha Dravya based on Ayurvedic principles and Samhitas.
3. Rasapanchaka – Rasa, Guna, Virya, Vipaka and Prabhava with effects and interactions on Dosha Dhatu and Mala.
4. Karmas – Primary Ayurvedic actions with examples of following Karmas-
Abhishyandi, Hridya, Deepan, Shoolaprashamana, Angamarda prashamana, Jeevaniya, Kanthya, Balya, Shothahara, Stambhana, Anulomana, Keshya, Vamana, Brimhaniya, Madakari, Vamanopaga, Dantya, Chakshushya, Dahaprashamana, Paachana, Pramathi, Vidahi, Virechana, Purishaviranjaniya, Rasayana, Shirovirechana, Virechanopaga, Vishaghna, Grahi, Vishtambhi.
5. Mishraka Varga – Collective actions and their formulations like following groups-
Dashmoola, Panchakola, Aushadhi Panchamrita, Chaturbeeja, Chaturjata, Katuchaturjata, Trikatu, Trijata, Chaturbhadra, Madhurtriphala, Triphala, Swalpatriphala, Sugandhi triphala, Shadushan, Chaturushan.
6. Individual Dravya Studies – Detailed knowledge (Main Synonyms, Vernacular names, Botanical Names, Family, Habit & Habitat, External Morphology, Part used, Rasa Panchak, Pharmacological actions, Therapeutic indications, Dose and Formulations) of following Dravyas–
Amalaki, Eranda, Kumari, Shalparni, Arjuna, Gokshura, Lavanga, Shalmali, Ashoka, Guggulu, Durva, Mamejaka, Shatavari, Ativisha, Bhallitaki, Manjistha, Shirisha, Bakuchi, Jatamamsi, Methika, Sunthi & Ardraka, Bhallataka, Kalamegha, Nagkeshara, Tulsi, Bilwa, Kantakaridwaya, Nirgundi, Vacha, Chandandwaya, Karpooora, Patala, Vaasa, Dhatura, Karkatshringi, Punarnava, Vibhitaki, Khadira, Sariva, Yasthimadhu.
7. Botanical and Pharmacological studies- Focuses on botanical names, families, parts used, virya and main action of drugs like,

Aavartaki, Karchura, Prishnaparni, Sudarshana, Arkapatri, Kokilakhsha, Priyala, Surana, Ashvattha, Kustha, Puga, Tagara, Bhumihamalaki, Lodhra, Rasana, Tamalpatra, Changeri, Mahanimba, Saireyaka, Tamalpatra, Dadima, Markandika, Sarpunkha, Taruni, Daruharidra, Mishreya, Satapushpa, Udumbara Dhanyaka, Narikela, Sinduri, Vansha, Gunja, Parish, Snuhi, Vidari, Kampillaka, Plaksha, Srngataka, Vrikshamla.

5. Rasashastra

1. Definition of Rasashastra
2. History of Rasashastra
3. Paribhasha (Terminologies) –Shodhana, Maran, Kajjali, Sandhibandhan, Bhavana, Nirvapa, Dhalana, Svedan, Avapa, PanchaLavana, Panchaamrita, Panchamrittika, Panchagavya, Mitrapanchaka and Ksharavarga.
4. Classification of Rasa Dravya- Basics of classification of Rasa Dravya (Maharasa, Uparasa, Sadharanarasa, Dhatu, Ratnavarga, Uparatnavarga, Sudhavarga, Vishavarga, Upavishavarga.)
5. Yantra – Introduction of Yantra (Dolayantra, Damruyantra, Khalvayantra, Udukhal yantra).
6. Puta – Introduction of Puta (Mahaputa, Gajaputa, Varaha puta, Bhanda puta).
7. Definition & Application of Musha
8. Introduction of Shodhana and Marana.
9. Parada – Introduction of Parada, its Dosha, Samanya Shodhana and Gati.
10. Maharasa – Basics of Maharasa: Name, vernacular names, medicinal form used, dose, use and formulations.
11. Basics of Uparasa: Name, vernacular names, medicinal form used, dose, use and formulations.
12. Sadharana Rasa – Basics of Sadharana rasa: Name, vernacular names, medicinal forms used, dose, use and formulations.

6. Bhaishajya Kalpana

1. Definition of Bhaishajya Kalpana
2. Collection and storage of raw materials
3. Mana Paribhasha and metric equivalence
4. Pancha Vidha Kashaya Kalpana – Introduction, definition, method, dose and examples
5. Introduction to Ksheer Paka, Pramathya and Mantha.
6. Introduction of Udakakalpana–Tandulodaka, Churnodaka, Ushnodaka and Aushadha Siddha Paniya.
7. Introduction of Churna Kalpana– Definition, general dose, packaging, examples and dispensing.
8. Introduction of Vati Kalpana– Definition, general dose, packaging, examples and dispensing.
9. Introduction of Guggulukalpana– Definition, general dose, packaging, examples and dispensing.
10. Introduction of Lavan and Kshara Kalpana. (method, packing and storage).
11. Introduction of Saveeryata-Avadhhi (shelf life period) of Ayurvedic dosage forms.