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BSS SYLLABUS

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AYURVEDA NURSING ASSISTANT COURSE - COURSE DURATION 2 YEARS		
FIRST YEAR SUBJECTS		
1	Moola Siddhanta of Ayurveda (Basic principles of Ayurveda)	100 Marks
2	Nursing anatomy & physiology	100 Marks
3	Swastha vritta (Public and Socialhygeine)	100 Marks
4	Basics of Roganidana and Roga vinischaya	100 Marks
5	Basics of dravya-Guna & Basics of Bhaisajya Kalpana	100 Marks
SECOND YEAR SUBJECTS		

1	Kayachikitsa and Panchakarma	100 Marks
2	Prasuti and Kaymara Bhritya	100 Marks
3	Shalakra tantra and Shalya tantra	100 Marks
4	Nursing Administration	100 Marks

AYURVEDA NURSING ASSISTANT COURSE - FIRST YEAR

1. MOOLA SIDDHANTA OF AYURVEDA:

DEFINITION: - Ayurveda, Four Goals of life, Origin of Ayurveda, The eight branches of Ayurveda, Pancha – Bhuta tattva, Tridoshas – Vata, Pitta and Kapha – Qualities, Actions, Formation, Sthana (location) in the body, Based on day and night, And Age.

SAPTA DHATUS – The Spta dhatus, Rasa, Rakta, Mamsa, Medas, Asti, Majja, Sukra and Sronita – Their formation’ Functions.

TRI MALAS – Purisha, Mutra, Seda – Formation and Functions.

AGNIS – Sapta dhatnagni, Panchabhutagni, Jataragni.

GUNAS – Maha gunas, Gurvdi gunas, Shdrasa, Their effects on tridoshas, Virya, Vipaka and Prabhava, desa, baaisaja kala, classification of diseases based on body and mind, Pada – Chatustayam – Bhisak, Dravya, Upastha, and Rogi, Vegas (urges) – 13 types of Vegas – Dharaniya and Adharaniya Vegas, Classification of diseases according to prognosis, Nija and Agantoja rogas, Classification of diseases – Seven types – Sahaja, Garbhaja, Jataja, Pidaja, Kalaja, Prabhavaja and Swabhavaja, Causes of diseases – Asatmendriyarta samyoga, Pragnaparada And parinama roga marga – Bahya, Madhyama & Abhyantara, ama and Nirama, Signs & Symptoms of Ama, Classification of diseases based on Tridosas – 80 types of Vataja roga, 40 types of pittaja roga, 20 types of Kaphaja roga, Ojys, Bhaishajya – Samshodhana & Samsamana, Bhaishajya kala.

2. NURSING ANATOMY & PHYSIOLOGY:

A basic knowledge on various systems of the human body – Their anatomy and physiology.

3. SWASTHA VRITTA (PUBLIC AND SOCIAL HYGEINE):

Pada chattustayam, The Gunas of Bhishak, Dravya, Paricharaka, and Rogi, Dina chrya Brahma muhurtha, Passing of urges, Danta – Dhavanam, Anjanakarma, Nasya, Kavala, Gandusha, Dhumapana, Tamboola sevana, Abhyanga, Vyayama, Udvartana, Snana, Bhojana, Ratri charya, Ritu charya – Shadritu and ritu charya, Anna swarupa – Aknowledge of Kritanna – Manda, Peya, Vilepi, Odana, Three Upasthamsa – Ahara, Nidra, Brhama charya, Janapadodwamsa (Epidemics), Saptahara kalpana – Swabhava, Samyoga, Samswkara, Matra Desha Kala, satmya, Bhojana vidhi, Anupana, Pathya – Apathya, Infections, Infestation, Infectious diseases and Epidemics / pandemics, Hospital building and location knowledge on social hygiene – Air, Land water light < waste products toilets Industries schools occupational hazards Primary health care Family welfare programmes National progerames Mother and child welfare programme, WHO, Health administration, Health related statistics.

4. BASICS OF ROGA NIDANA AND ROGA VINISCHYA:

(A) Introduction - to roga vignana, Tridoshas, Sapta dhatus, and trimalas, - their role in the causation of diseases, Signs & symptoms of Increase and decrease of doshas, Dhatus and Malas, The Kriya kalas, srotas – Importance of srotas in the production of diseases, Types of srtas, Types of diseaseas.

1	Agantuja, sarira, Manasa Swabhavika.
2	On the basis of Adibala pravritta, Etc.
3	On basis of prakruta – Vaikruta.
4	On the basis of Anubhandya – Anubhandha.
5	Numerable and innumerable nature of diseases.
6	Classification of diseases and it’s consensus with classification according to WHO.

Immunity and Hypersensitivity – diseases and their types, Ashta nindita, Eight mahagada, Santarpanottah, apatarpanottah, Ojovyapada, Ojp vidramsa, benign tumors and malignancy. Ama and pakva avasthas, /sama – Nirama of doshas, Sama – Niama of dhatus sama – nirama of malas, Uttana and Ghambira diseases, Dhaturgatva, Antarvegi – Bahirvegi, Jana – Padodwamsa, Importance of nidana panchaka, Methodology for investigation of diseases (Clinical methods), The Hetus – Asatmy – Endriyarthasamyoga, Pragnaparada and parinama prognosis – Chaya, Prakopa, Sthana samsraya, Purva – Rupa, Rupa, Vyakti Bheda samprapti, Rogi – Pareekha vidhi – Trividha pareeksha, Ashta vidha pareesha

(B) A knowledge on the Cause, Signs & Symptoms and prognosis of various diseases mentioned in classical Ayurvedic texts Viz, Jwara, Rakta – Pitta, Kasa, Swasa, Hidma, Rajayakshma, Pramcha, Arsas, Grahani Shola, Vriddhi – Vidradhi, Graqnthi Arbuda, Sopha Kushto Gulma Atisara Vara – Vyadhi, Vata raktha apasmara – Unmada, Etc.

5. BASICS OF DRAVYA GUNA:-

Introduction to Dravya guna, Definitions – Padartha Sapta padarta according to Ayurveda. Definition – Dravya its classifications, Gunas – Mahagunas & 40types of gunas vyavayi & Vikashi, Karma Rasa – Shadrasas, Their effects of tridoshas Guna – Karma of shadrasas, Virya vipala and prabhava Abasic knowledge on the various herbs used in Ayurveda – Identification and study of the regularly used herba like – Triphala Trikatu Yastimathu, Rasna, Bala chaturjata Thaleesa Dasamula, etc.

BASICS OF BHAIJAJYA KALPANA:

Introduction to Bhaishajya kalpana ,Classification of aushadi – Shodhana & Shamana, Bhaishajya kala – Kshanadi & Vyadhyavastha, Desha – Classification, Clinical observations before administration of medicines Bhaishajya kala – Classification of bhaishajya kala Pathya – Apathya anupana benefits of Anupana, Various types of Ayurvedic formulations used in the treatment of diseases – Kwatha, Arista – Avaleha, Ghrita, Churna, Gutika, thaila, Etc.

AYURVEDA NURSING ASSISTANT COURSE - SECOND YEAR

1. KAYACHIKITSA (GENERAL MEDICINE) & PANCHAKARMA:

Introduction to Kayachikitsa, why it is called Kayachikitsa? , Define – Kaya, Agnis of the body Trisutra Ayurveda Classification of

Chikitsa, Srotas – definition classification, 13 types srotal according to kaya chikitsa sroto – Dushti prana vaha Udayavaha, Etc., Ama dosha chikitsa, tridosha – vridhi & Kshaya – Chikitsa dhatu vridhi & Kshaya Chikitsa Mala- Vridhi & Kshaya – Chikitsa Sroto – Dushti chikitsa Hetu – Lings – Asushada guana of various diseases. Dealt within Kaya chikitsa viz Jwara Rakta – Pivya, Unmada Apasmara Kusta Prameha Rajayakshma, Kasa Swasa Hidma, Arsas, Grahani Atisara Gulma sula vridhi vidradhi Granti – Arbuda vata rakta Vatavyadhi Hridroga, Etc.

MANASA ROGA CHIKITSA PANCHAKARMA

Introduction to panchakarma, Classification of Chikitsa – Samsa – Dana & Samsamana, Shadupakramas – Langhana, Brimhana Rukshana snehana swedana and sthambana, Classical Ayurvediya Panchakarma – Purva karma Pradhana karma paschat karma purva karma snehans & swedada pradhana karma – Classification according to Kayachikitsa & Shalya, Vamana. Virechana vasti & It's types Nasya and its types Raktamokshana and its types.

2. PRASUTI TANTRA & KAUMARABHRITYA:

Introduction of prasuti tantra Ritu – kala (Menstruation), Menarchy – Menopause, Menstrual cycle, Anatomy and physiology of female & male reproductive organs, Qualities of sukra & Arthava conception. Formation of the foetus Growth of the foetus according to Ayurveda 7 modern science Abortion (still birth), Study of placenta, Circulation of the foetus, Umbellical cord, Amnon – Sac & Fluid presentations Eclampsia of pregnancy procedure of normal delivery and child birth, Caesarian use of contraception, pre and post – natal care of the mother post delivery procedures child – birth and the following procedures – the corresponding Ayurvedic approach, Midwifery (Dhatri).

KAUMARA BHRITYA (PAEDIATRICS):

Introduction, post delivery procedures after child birth, Jatakarma, Etc.. Samskaras according to Ayurveda Nutrition , Vaccination procedures, Diseases of the children – Malnutrition, Infectious diseases, Infestations, Mother and child welfare programmes, Etc..

3. SHALAKYA TRNTRA AND SHALYA TANTRA:

Introduction to shalakyia tantra definition anatomy & physiology of head and neck, Diseasea of netra (Eye), Karna (Ear), Nasa (Nose), Mukha (Mouth), siras (Head), Gala (Throat) – Their classification. A knowledge of the procedures involved in the treatment of shalakyia diseases – Nasya vidhi, Kavala & Gandusha, Dhmapana Vidhi Aschotana and anjana vidhi, Tarpana and putapaka vidhi.

Introduction to shalya tantra definition of shlyia tantra application of various shalya – tantra procedures – Yantra – Sastra vidhi, Raktamokshana – Jalauka vidhi siravyadha vidhi Rakta – Stambana post – Paktamokshana regimen Prachana Alabu , Ghati – Yantra Shalya – Harana vidhi, Shastra – Karma vidhi, Ksharapaka vidhi Kshara sutra Agni karma vidhi,

4. NURSIING ADMINISTRATION:

A knowledge on the administrative procedures of Nursing based on morden concepts.