

જીયાનું નામ: (૧) લેકચરર સિલેક્શન સ્કેલ(પ્રોફેસર),વર્ગ-૧ (જાહેરાત ક્રમાંક.૦૪/૧૭-૧૮)અને

(૨) લેકચરર સિનિયર સ્કેલ (રીડર),વર્ગ-૧ (જાહેરાત ક્રમાંક.૨૦/૧૭-૧૮)

વિષય: “પંચકર્મ”

કુલ પ્રશ્નો:૩૦૦	પ્રાથમિક કસોટીનો અભ્યાસક્રમ	કુલ ગુણ -૩૦૦
માધ્યમ: ગુજરાતી	Part-I સામાન્ય અભ્યાસ	ગુણ -૧૦૦
૧	ભારતની ભૂગોળ- ભૌગોલિક, આર્થિક, સામાજિક, કુદરતી સંસાધન અને વસ્તી અંગેની બાબતો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૨	ભારતનો સાંસ્કૃતિક વારસો- સાહિત્ય, કલા, ધર્મ અને સ્થાપત્યો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૩	ભારતનો ઇતિહાસ - ગુજરાતના ખાસ સંદર્ભ સાથે	
૪	ભારતની અર્થવ્યવસ્થા અને આયોજન	
૫	ભારતીય રાજનીતિ અને ભારતનું બંધારણ: (૧) આમુખ (૨) મૂળભૂત અધિકારો અને ફરજો (૩) રાજ્યનીતિના માર્ગદર્શક સિદ્ધાંતો (૪) સંસદની રચના (૫) રાષ્ટ્રપતિની સત્તા (૬) રાજ્યપાલની સત્તા (૭) ન્યાયતંત્ર (૮) અનુસૂચિત જાતિ, અનુસૂચિત જનજાતિ અને સમાજના પછાત વર્ગો માટેની જોગવાઈઓ (૯) એટર્ની જનરલ (૧૦) નીતિ આયોગ (૧૧) પંચાયતી રાજ (૧૨) નાણા પંચ (૧૩) બંધારણીય તથા વૈધનિક સંસ્થાઓ- ભારતનું ચૂંટણી પંચ, સંઘ લોક સેવા આયોગ, રાજ્ય લોક સેવા આયોગ, કોમ્પ્રોલર એન્ડ ઓડિટર જનરલ; કેન્દ્રીય સતર્કતા આયોગ, લોકપાલ તથા લોકાયુક્ત અને કેન્દ્રીય માહિતી આયોગ	
૬	સામાન્ય બૌદ્ધિક ક્ષમતા કસોટી	
૭	સામાન્ય વિજ્ઞાન, પર્યાવરણ અને ઈન્ફર્મેશન એન્ડ કોમ્યુનિકેશન ટેકનોલોજી	
૮	ખેલ જગત સહિત રોજબરોજના પ્રાદેશિક, રાષ્ટ્રીય અને આંતરરાષ્ટ્રીય મહત્વના બનાવો	

Syllabus of Preliminary Test for the recruitment of Lecturer Selection Scale (Professor), Class-I (advt.No.04/17-18) and Lecturer Senior Scale (Reader), Class-I, (Ayurveda) (advt.No.20/17-18)

(Panchkarma)

Total Questions:300 Syllabus of Preliminary Test Total Marks-300

Part-I

Medium: Gujarati

General Study

Marks- 100

1	Geography of India- Physical, Economic, Social, Natural Resources and population related topics- with special reference to Gujarat
2	Cultural heritage of India- Literature, Art, Religion and Architecture- with special reference to Gujarat
3	History of India with special reference to Gujarat
4	Indian Economy and Planning
5	<u>Indian Polity and the Constitution of India:</u> (1) Preamble (2) Fundamental Rights and Fundamental Duties (3) Directive Principles of State Policy (4) Composition of Parliament (5) Powers of the President of India (6) Powers of Governor (7) Judiciary (8) Provisions for Scheduled Castes, Scheduled Tribes and backward classes of the society (9) Attorney General (10) NITI Aayog (11) Panchayati Raj Institutions (12) Finance Commission (13) Constitutional and Statutory Bodies: Election Commission of India, Union Public Service Commission, State Public Service Commission, Comptroller and Auditor General; Central Vigilance Commission, Lokpal and Lokayukta, Central Information Commission
6	General Mental Ability
7	General Science, Environment and Information & Communication Technology
8	Daily events of Regional, National and International Importance including Sports

Part-II Syllabus Of Concerned Subject

(Panchkarma)

Medium: English

Questions:200

Marks : 200

1. **Chikitsa and its classifications**, AntahParimarjana and BahirParimarjana Chikitsa, Principles of Chikitsa, Kriyakal, Shadvidha and Dvidvidha Upakrama and role of Panchakarma therein. Applied aspects of Trividha, Shadvidha, Ashta Vidha and Dasha Vidha Pariksha.
2. **Applied anatomy and physiology** of cortex, cranial and peripheral nerves. Functions of various single muscles and groups of muscles, applied anatomy and physiology of joints. Methods of physical examinations of central nervous system, respiratory and cardiovascular system, gastrointestinal system, locomotor system and various skin lesions.
3. **Differential diagnosis** of Amavata (rheumatoid arthritis), Vatarakta (gout) and Sandhivata (osteoarthritis). Examination of lumbar and cervical disorders including Gridhrasi (sciatica) and Vishvachi (Brachial neuralgia). Interpretation of spirometry and ECG findings.
4. **Definition of Karma**. Trividha Karma for Shodhana. Importance of Panchakarma in health and disease. Indications and contraindications for Shodhana. Applied aspects of Koshtha and Agni. Importance of Purva and Pashchata Karma in Shodhana. Parihara Vishaya for Panchakarma. Samsarjana Krama. General

knowledge of various Aushadha and Ahara Kalpana used for Panchakarma.

5. Knowledge of equipments and instruments used in Panchkarma in ancient times and the possible modifications therein now. Knowledge of quality standards of NABH (National Accreditation Board of Hospitals) for Ayurveda, guidelines for establishment and management of ecofriendly Panchkarma theatre including management of biomedical waste.

6. **Purva Karma-Snehana and Svedana**

- Panchkarma in Ashtanga Ayurved and Significance of Shodhana
- Ama and Shodhana, benefits of Shodhana, Samikshya Bhavas in Shodhana,
- Importance of Pachana prior to Snehana, methods, drugs, duration and dose for Pachana, samyak Lakshana of Pachana Snehana
- Etymology and definition of Sneha and Snehana, General considerations about Snehana, Detail Classifications of Sneha and Sneha-Yoni.
- Properties of Snehana Dravya and their interpretation. Effects of Snehana. Sneha Kalpana, various types of Sneha Paka with their utility. Indications and contraindications of Snehana.
- Detail Classification and study of Bahya and Abhyantara Snehana. Karmukata of Abhyantara and Bahya Snehana
- Need and method of Rukshana before performing Snehana in specific conditions and Samyak Rukshana Lakshana, Shodhannga Snehana Vidhi and methods of fixation of dose, Diet and Pathya during Snehana, Observation of sneha Jiryamana, Jirna and Ajirna Lkashana, Samyak, Asnigdha and Ati Yoga Lakshana of Snehana,
- Snehs vyapta and their management, Pariharya vishaya and Parihara Kala.
- Knowledge of digestion and metabolism of fat.

- Knowledge of different western massage techniques.

7. Svedana

- Etymology and definition of Svedana, General considerations about Svedana, Properties of Svedan and Svedopaga Dravya, Indications and contraindications of Svedana, Various Classifications and detail study of Sveda and Svedna.
- Detailed Knowledge about Utility of various Svedan procedures, Avasthanusari Svedana in various disorders
- Samyak, Ayoga and Atiyoga Lakshana, Sveda Vyapat and their management, Diet and regimens during and after Svedana, Karmukata of Svedana.
- Current sudation modalities like Sauna bath, Steam Bath, Infrared etc.
- Svedana with Kati Basti, Janu Basti and Griva Basti.
- Study of Snehana and Svedana related portions in classics with commentaries.

8. Vamana and Virechana Karma Vamana Karma

- Etymology, definition and general considerations of vamana, Properties of Vamaka and Vamanopaga drugs, Knowledge and utility of important Vamaka drugs and their preparations (Vamana Yoga), Avasthanusara Vamana and its utility. Indications and Contraindications of Vamana. Pachana prior to Snehana. Detailed knowledge and method of preparation of patient with Snehana. Abhyanga and Svedana as Purvakarma of Vamana.
- Administration of food articles and Management prior, during and after Vamana.
- Drug, time, Anupana, Sahapana, dose and method of administration of Vamana and Vamanopaga preparations, Method of Vamana

Karma, waiting period for automatic Vamana Vega and manipulation in its absence.

- Detail knowledge and management of Vamana Karma. Vamana Karmukata with Pharmacodynamics of Vamana

9. Virechana Karma

- Etymology, definition and general considerations of Virechana, Importance of Vamana and Virechana as shodhana, Virechana better than Vamana, Necessity of Vamana prior to Virechana, Preparation of patients for Virechana after Vamana, Preparation of patients directly for Virechana.
- Properties of main Virechaka and Virechanopaga drugs, Classifications of Virechana drugs with definition, example and utility of each type. Indications and Contraindications of Virechana. Utility of Virechana for the specific conditions and stages of the disease.
- Detail Study of Purva Karma of Virechana. Detail study, management and Method of performing of Virechana Karma.
- Study of Vamana and Virechana related portions in classics with commentaries, Recent advances of researches on the effect of Vamana and Virechana, Scope of research for Vamana and Virechana, Role of Vamana and virechana in promotion of health prevention and treatment of diseases.

10. Basti Karma and Nasya Karma Basti Karma

- Etymology, definition and general considerations of Basti, Importance of Basti in Kayachikitsa and other branches of Ayurveda, Classifications of Basti, Drugs useful in Basti, Indications and Contraindications of Basti, its role at the various stages of diseases, Description of Basti yantras, Basti netra and Basti putaka and their Doshas. Modified Basti Yantra, their merits and demerits.

- Detail Study of Niruha, Anuvasana and Uttara basti and their management according to Ayurved and Modern Systems of Medicines.

11. Nasya Karma

- Etymology, synonyms, importance and definition of Nasya, Nasya drugs according to various Samhita, Classifications and sub-classifications of Nasya with detailed knowledge of each type, Indications and contraindications of each type of Nasya with reasons, Drugs useful for Nasya with Dose and methods of preparations and their doses, Nasya Kala and Pathya before, during and after Nasya; Duration of different Nasyas.
- Detailed knowledge of Purvakarma, Pradhan Karma and Pashchata Karma of each types of Nasya and their administration with management during and after Nasya.
- Nasya Karmukata, Applied anatomy and physiology related to Nasa hi Sirso Dvaram, blood and nerve supply to nose, Shringataka marma, olfactory nerve and centers, aroma therapy, trans nasal administration of drug, recent advances in nasal drug delivery.
- Study of relevant portion in classics with commentaries

12. Raktamokshana and Physiotherapy

- Definition, importance, classifications and detailed knowledge of each type of Raktamokshana with their methods of performance.
- General principles, indications, contraindications of Raktamokshana
- Detailed knowledge of Jalaukavacharana: Indications and contraindications of Jalaukavacharana, various tyoes of Jalauka with their beneficial and harmful effects. Purvakarma and method of Jalaukavacharana, observations and Pathya before,

during and after Jalaukavacharana. Management during and after Jalaukavacharana

- Symptoms of Samyak, Ayoga and Atiyoga and Vyapat of of Raktamokshana and their management with Ayurveda and Modern medicines. Pariharya vishaya and Parihara kala, Karmukata of different types of Raktamokshana.
- Detail study of Clinical Physical Medicine. Principles of occupational therapy, Physiotherapy exercises for various disorders.

13. Disease-wise Panchakarma : Role of Panchakarma in Different Stages of various Diseases and disorders.

14. Research Methodology: Brief historical background of research in Ayurved and contemporary medical science. Research in Ayurved - Scope, need, importance, utility. Types of Research, Research design: observational and interventional, descriptive and analytical, preclinical and clinical, qualitative and quantitative. Research process, Research tools. The concept and importance of ethics in research, Ethical aspects related to human and animal experimentation. Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions. Classical Methods of Research. Comparison between methods of research in Ayurveda (Pratigya, Hetu, Udaharana, Upanaya, Nigaman) and contemporary methods in health sciences. Concept of Evidence Based Medicine and Scientific Writing, Importance of IT in data mining and important research data portals concerned with Ayurved and contemporary medical science (DHARA, PubMed, AYUSH Research Portal, Bioinformatics Center, Research Management Informatic System etc.), Medical-Statistics.

15. Current Trends and Recent Advancements in Ayurveda.