



ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ, ಬೆಂಗಳೂರು
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA, BENGALURU
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RGU/AUTH/NOTI/AYU-BAMS/160/2022-23

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CIRCULAR

- Sub:** Ayush Module for Internship-Electives for MBBS-reg
Ref: 1. No. BOA/Electives/7-17/2021, dated:11/05/2022 of National Commission of Indian System of Medicine, New Delhi
2. National Medical Commission Notification (compulsory rotating Medical Internship) Regulations 2021, Dated: 18/11/2021

With reference to the above-mentioned subject and as per the National Commission of Indian System of Medicine, New Delhi (compulsory rotating Medical Internship) Regulation 2021 notified on Dated: 18/11/2021. Under schedule 3 Section 2, Sr 15 "**Electives exclusive in ISM of one-week duration**" has been mentioned and enclosed the detail along with this Circular. Institutions who are implementing Internships of Ayurveda, Siddha & Unani System of Medicine of AYUSH module should take necessary steps as per NCISM & NMC Guidelines.

With reference to above subject all Affiliated Ayurveda, Siddha & Unani Colleges to structure and organize one week of training as per NCISM letter No. BOA/Electives/7-17/2021, dated: 11/05/2022.


REGISTRAR

To

The Principals of all affiliated Medical & ASU Colleges of RGUHS.

Copy to:

1. PA to Vice-Chancellor/PA to Registrar/Registrar (Eva)/Finance officer RGUHS, Bangalore
2. Deputy Registrar, Admission/Affiliation/Examination, RGUHS, Bangalore
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Ayush Module – Internship Electives for MBBS

FORAYURVEDA SYSTEM OF MEDICINE

- An Intern has to undergo for Training in Ayurveda Institutions as per below mentioned schedule :-

Day	Activity
1 st Day	Guided tour of the Institution
	Orientation/introduction to Ayurveda (Fundamental Principles – Dosha, Dhātu, Agni, Kōṣṭha, Prakṛti, Sāra etc.) followed by Interaction
	Introduction to Rasapanchaka. Principles of Bhaishajyakalpana & Knowledge of dosage forms. Introduction to Bhasma & Bhasma Praiksha Exposure to Rashashala
2 nd Day	Dept. of Kayachikitsa :- Introduction to Samprapti (Pathophysiology) & Principles of Samprapti Vighatana (Management) IPD rounds & attending OPD Discussion on clinical success stories
3 rd Day	Dept. of Panchkarma :- Introduction of Panchkarma (concept of sodhana, pradhana karma, upakarma, ritusoadhana etc.) IPD rounds & attending OPD Exposure to Panchakarma Procedures
4 th Day	Dept. of Prasuti, Stri rog :- Introduction to Prasuti, Stri rog and Kaumarbhritya IPD rounds & attending OPD Knowledge of Uttar basti and other procedures Discussion on clinical success stories
	Dept. of Kaumarbhritya :- Introduction to Prasuti, Stri rog and Kaumarbhritya IPD rounds & attending OPD Discussion on clinical success stories
5 th Day	Dept. of Shalakya :- Introduction to Shalakya Tantra IPD rounds & attending OPD Exposure to various Kriyakalpa procedures Discussion on clinical success stories
6 th Day	Dept. of Shalya Tantra :- Introduction to Shalya Tantra IPD rounds & attending OPD Exposure to various Shastra & Anushastra procedures Discussion on clinical success stories

AYUSH MODULE – ELECTIVES FOR MBBS INTERNS

FOR SIDDHA SYSTEM OF MEDICINE:-

An Intern has to Undergo for Training in Siddha Institutions as per the below mention schedule.

S.No	Department/ Speciality	Nature of Activity
Day-1		
1	Know Your Campus:- Introduction Programme and Visit	<ul style="list-style-type: none"> • Introductory Programme • Historical background, Origin, introduction of Siddhars and basic principles of Siddha System of Medicine. • Orientation about the Three Humoural theory (Vali, Azhal and Aiyam), Five Elemental Theory, Seven Udalkattugal, EnvagaiThervu, Ninety Six Thathwas, Temperamental Theory etc. • Tamil Language and Siddha ancient literature. • A guided tour of the entire campus, infrastructure and facilities.
	Teaching Pharmacy Tour	<ul style="list-style-type: none"> • Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Siddha Medicines and its purification process • Introduction to higher order of medicines such as Parpam, Chenduram, Chunnametc and their preparations. • Tools and instruments used in the Pharmacy.
Day- 2		
2	Department of Maruthuvam (Medicine)	<ul style="list-style-type: none"> • Introduction to 32 types of Siddha AgamaruthuvaMuraikal (Internal Medicines) • To orient the student about the basic knowledge, principles of formulation & prescription of Siddha medicines, dosage forms. • Introduction on Siddha diagnostic methods: NaadiParisodhanai, Neerkkuri and Neikkuri and Manikadainool. • Pathyam (Regulation of diet and habits) prescribed in Siddha for patients. • Attending OPD and IPD rounds • Discussion on the clinical success stories /cases
Day- 3		
3	Department of Varmam, Puramaruthuvam and Sirappumaruthuvam	<ul style="list-style-type: none"> • Introduction of Varma points and pathological Varma conditions and Varmam Treatment. • Thokkanam Techniques. • Introduction to 32 types of Siddha PuramaruthuvaMuraikal (External Medicines) • Siddha Management of Neuro- Musculo- Skeletal disorders. • Siddha Management of Psychiatric cases. • Kayakarpam (Rejuvenation therapy) • Siddhar Yoga Maruthuvam (Yoga, Pranayamam and Dhyanam). • Attending OPD and IPD rounds • Discussion on the clinical success stories / cases
Day- 4		
4	Department of Aruvai including Kan, Kathu, Mookku, Thondai, Pal and TholMaruthuvam	<ul style="list-style-type: none"> • Introduction to Siddha Surgical instruments. • Orientation about 25 different Siddha surgical procedures; <ol style="list-style-type: none"> a) Attaival (leech therapy), b) Aruvai (excision), c) Kuruthivaangal (blood letting), d) Salagai (probing), e) Varthi (medicated wick), f) Oothal (blowing), g) Peechu (enema / douch), h) Urinjal (sucking), i) Kattuthal (bandaging), j) Chuttigai (cauterization),

		k) Vedhu (steam therapy). l) Pugai (fumigation) and Kaaram (caustic application) etc; <ul style="list-style-type: none"> • Preparation of Karanool. • Introduction to Siddha interventions in the management of Ophthalmology, ENT, Dentistry and Dermatological disorders. • Discussion on the clinical success stories / cases
Day- 5		
5	Department of Sool and MagalirMaruthuvam	<ul style="list-style-type: none"> • Siddha Ante-natal and Post natal care. • Siddha treatments for Gynecological diseases. • Attending OPD and IPD rounds • Discussion on the clinical success stories / cases
	Department of KuzhathaiMaruthuvam	<ul style="list-style-type: none"> • Siddha medicines for new born (UraiMathirai) • Siddha Immune Booster for Childran. • Management of paediatric cases with Siddha medicines • Application of Puramaruthuvam in Paediatric cases.
Day-6		
6	Dispensary tour	<ul style="list-style-type: none"> • Siddha medicines • Dosage • Anupanam • Culinary Medicine.
	Library tour	<ul style="list-style-type: none"> • Different Books of Siddhars
	Herbal Garden Tour	
<p>* Pre-Test, Post-Test & Feedback: > Pre-Test & Post-Test shall be from the KAP questionnaire For Siddha system of medicine (First day and Last day of the internship)</p> <p>**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.</p>		

AYUSH MODULE – ELECTIVES FOR MBBS INTERNS

FOR UNANI SYSTEM OF MEDICINE

An Intern has to Undergo of Training in Unani Institutions as per the below mention schedule.

S.No	Department/ Speciality	Nature of Activity
Day-1		
1	Know Your Campus:- Introduction Programme and Visit	<ul style="list-style-type: none"> • Introductory Programme • Historical background, Origin and basic principles of Unani Medicinal system • Orientation about the Humoural Theory (Dam, Balgham, Safra and Sauda), Temperamental Theory, 06 essential factors for life. • Activities and achievements of units and facilities. • Orientation on Urdu and Arabic Language. • A guided tour of the entire campus, infrastructure and facilities.
Day- 2		
2	Teaching Pharmacy Tour	<ul style="list-style-type: none"> • To orient the student about the basic knowledge, principles of formulation & prescription of Unani medicines, Dosage forms. • Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Unani Medicines and its purification process. • Visit to Herbal Garden and Mufradat Museums/lab (single drugs) • Visit to MurakkabatwaSaidlaMeuseum/lab • Exposure to various Alat (instruments and machinery) use for the preparation of drugs. • Visit to Hospital Dispensary
Day- 3		
3	Department of Moalajat/ AmrazeJildwaTa zeeniyat	<ul style="list-style-type: none"> • Introduction to Asbab (causes), Alamat (signs and symptoms), MahiyatulAmraz (pathology), UsooleIlaj (principle of management) • Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz. • GhizaiHidayatwaParhez (Diet therapy and restrictions). • Attending OPD and IPD rounds (Moalajat) • Discussion on the clinical success stories / cases (Moalajat) • Introduction to Asbab (causes), Alamat (signs and symptoms), MahiyatulAmraz (pathology), UsooleIlaj (principle of management). • Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz. • GhizaiHidayatwaParhez (Diet therapy and restrictions). • Attending OPD and IPD rounds (AmrazeJildwaTazeeniyat) • Discussion on the clinical success stories / cases (AmrazeJildwaTazeeniyat)
Day- 4		
4	Department of Ilaj Bit Tadabeer	<ul style="list-style-type: none"> • Introduction on different Tadabeer used in Unani system of medicine. • Orientation about the different traditionally used procedures; <ol style="list-style-type: none"> a) Fasad (Venesection) b) Hijama (Cupping) c) Qai (Emesis) d) Irsal e Alaq (Leech Therapy) e) Dalaq (Massage) f) Riyazat (Exercise and Yoga) g) Hammam (Turkish Bath) h) Huqna (Enema) i) Tareeq (Sweating) • OPD procedural exposure and IPD rounds • Discussion on the clinical success stories / cases

Day-5

5

Department of
Jarajat and Ain,
Uzn,
AnafHalaqwaAs
nan

- Introduction to Jarajat.
- Attending OPD and IPD rounds
- Exposure to various Alat (instruments)
Discussion on the clinical success stories / cases
- Introduction to Ain, Uzn, AnafHalaqwaAsnan.
- Attending OPD and IPD rounds
- Exposure to various Alat (instruments)
- Discussion on the clinical success stories / cases

Day-6

6

Department of
IlmulQabalatwa
AmrazeNiswan

- Introduction to IlmulQabalatwaAmrazeNiswan.
- Attending OPD and IPD rounds
- Exposure to various Treatment Methods (like Farjazah, NutoolwaHumool)
- Discussion on the clinical success stories / cases

*Pre-Test, Post-Test & Feedback: > Pre-Test & Post-Test shall be from the KAP questionnaire For Unani system of medicine (First day and Last day of the internship)

**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.