

**MAHARASHTRA UNIVERSITY OF HEALTH
SCIENCES, NASHIK**



Fellowship Course in Integrated Family Medicine
(Graduate)

SYLLABUS

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I. TITLE OF THE FELLOWSHIP:

Fellowship Course in Integrated Family Medicine (Graduate)

II. DURATION: 12 Months

III. ELIGIBILITY CRITERIA FOR ADMISSION: (Minimum)

- 1) Graduates of Modern Medicine (MBBS)
- 2) Graduates of Ayurveda (BAMS)

IV. INTRODUCTION

There is a perceived need for family physicians to address the primary healthcare needs of the population given the increasing number of specialists and super-specialists, which are primarily concentrated in urban regions. The goal of this course is to create competent healthcare workforce who will be capable of integrating the Indian Systems of Medicine with the modern medicine to provide holistic and culturally relevant healthcare for prevalent health problems of the community. The course aligns well with the vision of our National Education Policy which places a strong emphasis on multidisciplinary education and Indian knowledge systems.

V. GOALS AND OBJECTIVES:

The goal of this course is to create competent healthcare workforce who will be capable of integrating the Indian Systems of Medicine with the modern medicine to provide holistic and culturally relevant healthcare for prevalent health problems of the community.

VI. EXPECTED LEARNING OUTCOMES

- Screen for and diagnose the most commonly occurring diseases in a day to day practice in the early stages.
- Treat the disease with own professional competence to prevent its progression and complications.
- Educate and counsel patient & family on prevention of various diseases and its progression as well as for health promotion
- Identify the warning signals of severe disease and refer accordingly.
- To provide a continuum of care to establish and maintain the doctor-patient relationship
- To integrate the knowledge of modern medicine and Ayurveda for the prevention of common ailments, health promotion and appropriate referrals.

VII. MODULES

1. Internal Medicine/Community Medicine <i>Kayachikitsa/ Swasthyavrutta</i>)
2. Common medical and surgical emergencies in general practice
3. Dermatology <i>Twakvikar</i>
4. Psychiatry <i>Manasrog</i>
5. General Surgery <i>Shalyatantra</i>
6. Basics of Diagnostic tests (Laboratory & Radiology) <i>Rog nidan and VikrutiVidnyan</i>

7. Otorhinolaryngology
8. Ophthalmology
9. Orthopaedics <i>AsthiRog Vidnyan</i>
10. Obstetrics and Gynaecology <i>Prasutitantra and Strirog</i>
11. Paediatrics <i>Baal Roga/ Kaumarbhritya</i>
12. Rational use of drugs
13. Medico-legal aspects of healthcare delivery(<i>Agad Tantra avumVidhivaidyaka</i>)
14. Ayurveda for health and wellness
15. Communication skills

VIII. MODULEWISE TOPIC LIST

1. Internal Medicine/Community Medicine(*Kayachikitsa/ Swasthvritta*)

1. Hypertension and other Lifestyle disorders (*Yog, Pranayam, Ahaar-VihaarChikitsa*)
2. Coronary heart disease
3. Common endocrinal disorders(Diabetes(*Prameha- Ayurvedic medications*), Hypothyroidism, Obesity(*Sthaulya- Ayurvedic remedies*)
4. Respiratory tract disorders including infections, COPDs, Occupational Pneumoconiosis, Asthma(*TamakShwaas*) *Status Asthmaticus- TamaketuVirechana for moving from Pratilom to Anulom, Chronic asthma-Vaman therapy for prevention of status asthmaticua- Apunarbhavan*
(*Sr. No. 1 to 4: Vaat vyadhi with Pratilom gati-Rx- Vaayu gati niyantran, Anulom, Basti*)
5. Arthropod borne/ viral/bacterial infections(Malaria, Dengue, TB, Typhoid)
6. Pyrexia of unknown origin / Approach to a case of fever(*Langhan, Panchan, Deepanam, Agnimadyam, Ayurvedic medications - MahasudarshanGhanwati/ kadha, Aampachakwati*)
7. Dyspepsia(*Agnimandya- Ayurvedic medications -Aampachakwati*)/ *VamanVirechan therapy (Sr. no. 5 to 7: Jwr/ Vishamjwar with Agnimandya- Rx- Langhan, deepan, Pachan with Tark, Koshn jal, Kashaypan)*
8. Jaundice/ Hepatitis/ liver disorders(*Bahupitta Kamala- Virechan therapy, Ruddhapath Kamala- Bhedan therapy, Ayurvedic medications-Aarogyawardhini*)*Virechan, Pattabandhan for ascitis*
Pitta vyadhi/ Pitta prakop (Hyperbilirubinemia)- Virechan
Obstructive jaundice- Bhedan, Aarogyawardhini
Liver cirrhosis/ ascitis- Virechan, Pattabandhan
9. Rheumatoid Arthritis(*Aamwaat- Ayurvedic medications-Guggulkalpa*)
10. Evaluation of a patient of Headache
11. Convulsions, altered sensorium/stroke/ Neuro emergency/Panic attack
12. Anaemia– (*Pandurog- Ayurvedic medications-Dhrutchikitsa, Dadimadi, Panchgandha- Pernicious anaemia&Punarvadamandur, Lohasava, Lohakalpa- Iron deficiency anaemia*)
13. Renal disorders/UTI(*MutraKuchra*)- *Uttar basti therapy*

2. Common medical and surgical emergencies in general practice- (Modern medicine only)

- Diagnosis, primary management and referral of -
1. Chest pain (ECG interpretation)
 2. Breathlessness
 3. Binge drinking
 4. Cardiac Arrest
 5. Accelerated blood pressure/ Hypertensive emergencies
 6. Loss of consciousness
 7. Seizures
 8. Stroke

9. Acute burns/Electrocution
10. Acute exacerbation of asthma
11. Common Poisoning, animal bites and stings
12. Trauma including road traffic accident, physical assault & drowning
13. ADRS/ Anaphylaxis/Urticaria

3. Dermatology (*Twakvikar*)

1. Common dermatological disorders in adults (Acne vulgaris(*Mukhdushika*), Allergic/ contact dermatitis, pruritic rash, hair disorders (*Khalitya, Palitya*), *Lepan, Pratyaleptherapy, Pachan-Vaman*
2. Common childhood dermatological disorders (Scabies, lice infestation, eczema (*Vicharchika*), molluscum contagiosum, impetigo, Tinea, etc)- *Awagaha, Jallaukacharan*
3. STDs (Diagnosis as per the standard algorithm and colour coded treatment kits), HIV- *Brahamcharyapalan, Sadvruttpalan*
4. Minor burns
5. Leprosy- *Kittibhakushta/ EkKusht/ KshudraKushta- KushthachikitsaCharak Virechan, Raktamokshan, Pracchan karma, Jallaukacharan, Cupping therapy* –
6. Ayurveda therapies for the prevention and treatment of dermatological disorders

4. Psychiatry (*Manasrog/ Manovigyan*)

Depression (*Vishaad*)

1. Anxiety(*Udvega*)
2. Stress
3. Agitated patient/Violent patient/ Panic Attack
4. Mental Status Examination
5. Myths & misconception about mental health Child Psychiatry – ADHD, Academic & Behavioural Issues in Children
6. *Dhyan-dharna, TratakPranayam, Shirobasti, Shirodhara, Takradhara, TadanChikitsaYognidra for stress management and mental wellness*

5. General Surgery(*Shalyatantra*)

1. Differential diagnosis and evaluation of- pain in abdomen
2. Differential diagnosis and evaluation of- lump in abdomen
3. Diagnosis and evaluation of- hernia, hydrocele
4. Haemorrhoids/ fissures/ fistula(*Arsh, KsharsutraNirman, Dhupanchikitsa, Awagah*)
5. Management of burns
6. Diagnosis and appropriate referral of Varicose veins(*Siragranthi- Jalaukavacharan*)
7. Localized swellings- Lipoma, Sebaceous cyst, abscess, etc(*Udwartan, Swedan, LepanChikitsa*)
8. Ear lobe repair
9. Management of clean lacerated wounds(*RopanChikitsa, Ropantailya*)
10. Basics of wound management(*VranaChikitsa*)*ShodhanChikitsa, ShodhanTailya, MarmChikitsa*
11. Acute burns and electrocution
12. Trauma (RTA/ Drowning/ assault)

6. Basics of diagnostic tests (Laboratory and Radiology)*Rog nidan and VikrutiVidnyan*

1. Chest X ray
2. ECG
3. Cardiac enzymes
4. CBC
5. Lipid profile

6. RFT(Tail binduPariksha- Urine analysis)
7. LFT
8. Electrolytes

Rog nidan and Vikruti Vidnyan

1. Nidanpanchak
2. Shatkriyakala
3. Methods of Rogipareeksha
4. Assessment of Dosha, dhatu, vikruti
5. Rogibalapareeksh

7. ENT

1. Ear discharge(Karnstraav, KarnDhupan, KarnPuranChikitsa)
2. Ear pain(Karnshool, Dhupan)
3. Epistaxis(Nasya, Durvaras, Ghruta)
4. Nasal blockage(Svedan- Nadi/ Bashp)(Nasya, Pratimarsha, Anutailnasya, Bhruhniyanasya, AgnikarmaShalaka, Panchdhatu, SuvarnaRaupyaShalaka)
5. Stridor
6. Pre-malignant/ malignant lesions of ENT
7. Screening and referral of hearing impairment(Karnpuran, Sarivadiwati)
8. Allergic rhinitis- (Nasya therapy, Ayurvedic medications)- VamanChikitsa
9. URTI/ Acute tonsillitis(KawalGandush- Vaman therapy)
10. Neck abscess(Sinha Mudra, YogSadhana)

8. Ophthalmology

1. Red eye
2. Refractory errors, colour blindness(Netra Tarpan with exercises, Ghrut- Shat to SahastraAwartan)
3. Cataract
4. Glaucoma
5. Vitamin A deficiency/ Night blindness (Panchkarma/ Kriyakalpa)/dry eye(Netra tarpan)
6. Dacrocystitis- (Nasya Therapy)
7. Corneal ulcer
8. Pterygium, eyelid disorders, squint, etc(Kshaar- Surma Netra Shalaka)
9. Ophthalmic Emergencies-Primary management and referral (AshchyotanChikitsa)
10. Orientation to eye donation and eye banking

9. Orthopaedics (Asthi Rog Vidnyan)

1. Osteoarthritis (Sandhigatwaat- Snehan, Swedan, Aamwat- Rukshswed, Aushadhi, Vaatrakt-Rasswed with Valuka/jaadmeeth/infrared)
2. Low Back Pain (Kati shool) Kati basti
3. Neck Pain (Manyashool)- Manyabasti
4. Sprains (Ligament injuries)- Nirgudiswedan
5. Strains (Muscular injuries)
6. Upper Limb Fractures (Kapaatshayan)
7. Lower Limb fractures (Kapaatshayan)
8. Dislocations (Snehan for swelling)
9. Sports Injuries
10. Geriatric Orthopaedics
11. VihaarChikitsa, Rutucharya, Dincharya, Yoga in orthopedic disorders

10. Obstetrics and Gynaecology(Prasutitantra and Strirog)

1. Antenatal care with high risk referrals(Garbhiniparicharya)(Swastivachan, Mantrachikitsa,

- Suvarnprashan, Suvarnvachayog, Pichudharan)*
2. Intra-natal care(*PrasavAwastha*)(*Snehan, Dhupan*)
 3. Postnatal care(*Sutikaparicharya*)(*Uttarbasti, Pichudharan, Snehvirechan for Garbhinikikwis i.e. Striae gravidarum*) *Mand, Peya, Vilepi- diet*
 4. Breastfeeding(*Dhatri*)- *StanyashodhanChikitsa*
 5. Contraceptives and family planning
 6. UTI(*MutraKruchra*)/ Menstrual disorders(*Rajaswalaparicharya, ArtavVyapad*)/ Reproductive tract infections (*Pittaj Yoni Vyapad*)/AUB(*Shandgodak, Ksharkarm, Uttarbasti, Awagaha*)
 7. Screening for breast cancer and cervical cancer

11. Basics of Paediatrics(*Kaumarbhritya/ Baal Rog*)

1. Breastfeeding and complementary feeding(*Dhatriand Stanyadushti for lactose intolerance, The Do's and Don'ts- Viruddhahaar, nutrition of young children*)
2. Childhood immunization(*Suvarnprashan, Suvarnvachayog*)
3. Classification of sick Child using the IMNCI guidelines
Management of child with cough, cold (*Kaas*)and difficulty on breathing/
Asthma(*TamakShwaas-Dhupan,Nasya therapy, Sadyovaman, Bal hirdavirechan, Aaragvadh, SaumyaVirechan*) Management of child with diarrhoea and vomiting(*Bal Chaturbhadrakalp*)
4. Normal growth and development of children (*Fakka*)(*Pangulgada, Potlisnehan with Raktsali, Shashthsali, Swedan for delayed milestones*)
5. Nutritional assessment & management of child with nutritional deficiency disorders(*Prinanmodak, Medhyarasayan*)
6. Convulsions(*Shirobasti, Shirodhara, Shiropichu, Mantrachikitsa*)

12. Rational use of drugs(*DravyaGunaVigyana*)

1. Prescription guidelines
2. Common communicable and non-communicable diseases- National guidelines
3. Adverse drug reaction of common medications
4. Common drug interactions
5. Over the counter medications
6. Patient education on prescription (Prescription communication)
7. *Essential Ayurvedic medications- Formulations like Churn, Ghuti, Vati, Asava, Aarisht, Bhasma, Potlirasayana, Suvarnkalp, Raskalp and Ayurvedic pharmacodynamics and pharmacokinetics- Ras, Virya, Vipaaak, Prabhav*)

13. Medico-legal aspects of healthcare delivery (*Agad Tantra avumVidhivaidyaka*)

1. Documentation and medical records
2. Injury certificate
3. Death certificate
4. Physical fitness certificate
5. Laws pertaining to healthcare delivery
6. Medical liability insurance
7. Medical negligence
8. Informed consent

14. Ayurveda for health and wellness

1. Introduction to the concept of *Dosha, Dhatu, Mal, Prakriti,Nadipariksha*)
Dosha Dhaatu, Malamula (Trayostambh), Aahaar, Nidra, Brahamcharya (Trayopstambh)
2. Introduction to the concept of *SrotasVigyan, Ashaya, Kala*)
3. *Dincharya* and *Rutucharya* including the *Ahaara*-nutrition in health and wellness
4. Nutrition (*Pathya, Apathya*) in common ailments(*Mand, Peya, Vilepi, Yush, Paanak*)
5. Basics of *Panchkarma*(*Snehan, Swedan, Vaman, Virechan, Basti, Raktmokshan, Nasya*)

6. Basics of Ashtang yoga(Yam, Niyam, Asana, Pratyahaar, Pranayam, Dharna, Dhyaan, Samadhi)
7. **10 basic principles of Ayurveda Niddan, Chikitsa and Aushadhi yojana-**
Dushyam, Desham, Blam, Kalam, Analam, Prakriti, Vay, Sattavam, Saatmyam, Aaharam, Awastha

15. Communication skills

1. Effective verbal and non-verbal communication
2. Building trust and rapport
3. Empathy in patient communication
4. Communication with cultural competence
5. Informed consent
6. Health education/ Behaviour Change Communication (BCC)

IX. MODULE WISE COMPETENCIES, TOPICS AND CREDITS

Sr. No	TOPICS	COMPETENCY	TOTAL CREDITS
1.	<p>Internal Medicine/Community Medicine- Kayachikitsa Screening, Diagnosis, Preventive, promotive, primary /maintenance therapy and appropriate referral by integrating the principles of Modern medicine and Ayurveda for-</p> <ol style="list-style-type: none"> 1. Hypertension and other Lifestyle disorders (<i>Yog, Pranayam, Ahaar-VihaarChikitsa</i>) 2. Coronary heart disease 3. Common endocrinal disorders(Diabetes(<i>Prameha- Ayurvedic medications</i>), Hypothyroidism, Obesity(<i>Sthaulya- Ayurvedic remedies</i>) 4. Respiratory tract disorders including infections, COPDs, Occupational Pneumoconiosis, Asthma(<i>TamakShwaas</i>) <i>Status Asthamaticus-TamaketuVirechana for moving from Pratilom to Anulom, Chronic asthma-Vaman therapy for prevention of status asthamaticua-Apunarbhavan</i> (<i>Sr. No. 1 to 4: Vaat vyadhi with Pratilom gati-Rx- Vaayu gati niyantran, Anulom, Basti</i>) 5. Arthropod borne/ viral/bacterial infections(Malaria, Dengue, TB, Typhoid) 6. Pyrexia of unknown origin / Approach to a case of fever (<i>Langhan, Panchan, Deepanam, Agnimadyam, Ayurvedic medications - MahasudarshanGhanwati/ kadha, Aampachakwati</i>) 7. Dyspepsia(<i>Agnimandya- Ayurvedic medications -Aampachakwati</i>)/ <i>VamanVirechan therapy</i> (<i>Sr. no. 5 to 7: Jwr/ Vishamjwar with Agnimandya- Rx- Langhan, deepan, Pachan with Tark, Koshn jal, Kashaypan</i>) 8. Jaundice/ Hepatitis/ liver disorders(<i>Bahupitta Kamala- Virechan therapy, Ruddhapath Kamala- Bhedan therapy,Ayurvedic medications- Aarogyawardhini</i>)<i>Virechan, Pattabandhan for ascitis</i> Pitta vyadhi/ Pitta prakop (Hyperbilirubinemia)- Virechan <i>Obstructive jaundice- Bhedan, Aarogyawardhini</i> <i>Liver cirrhosis/ ascitis- Virechan,Pattabandhan</i> 9. Rheumatoid Arthritis(<i>Aamwaat- Ayurvedic medications-Guggulkalpa</i>) 10. Evaluation of a patient of Headache 11. Convulsions, altered sensorium/stroke/ Neuro emergency/Panic attack 		8

	<p>12. Anaemia– (<i>Pandurog- Ayurvedic medications-Dhrutchikitsa, Dadimadi, Panchgandha- Pernicious anaemia&Punarvvadimandur, Lohasava, Lohakalpa- Iron deficiency anaemia</i>)</p> <p>13. Renal disorders/UTI(<i>MutraKuchra</i>)- <i>Uttar bastitherapy</i></p>	
	<p>2.Common medical and surgical emergencies in general practice- (Modern medicine only) Diagnosis, primary management and referral of -</p> <ol style="list-style-type: none"> 1. Chest pain (ECG interpretation) 2. Breathlessness 3. Binge drinking 4. Cardiac Arrest 5. Accelerated blood pressure/ Hypertensive emergencies 6. Loss of consciousness 7. Seizures 8. Stroke 9. Acute burns/Electrocution 10. Acute exacerbation of asthma 11. Common Poisoning, animal bites and stings 12. Trauma including road traffic accident, physical assault & drowning 13. ADRS/ Anaphylaxis/Urticaria 	8
	<p>3. Dermatology(Twakvikar) Screening, Diagnosis, Preventive, promotive, primary /maintenance therapy and appropriate referral by integrating the principles of Modern medicine and Ayurveda for-</p> <ol style="list-style-type: none"> 1. Primary management and appropriate referral for common dermatological disorders in adults (<i>Acne vulgaris (Mukhdushika)</i>, Allergic/ contact dermatitis, pruritic rash, hair disorders (<i>Khalitya,Palitya</i>), <i>Lepan</i>, <i>Pratyaleptherapy</i>, <i>Pachan-Vaman</i> 2. Primary management and appropriate referral for common childhood dermatological disorders (<i>Scabies</i>, lice infestation, <i>eczema (Vicharchika)</i>,<i>molluscumcontagiosum</i>, <i>impetigo</i>, <i>Tinea</i>, etc)- <i>Awagaha</i>, <i>Jallaukacharan</i> 3. Syndromic management of STDs (Diagnosis as per the standard algorithm and colour coded treatment kits), <i>HIV- Brahmacharyapalan</i>, <i>Sadvruttpalan</i> 4. Primary management Minor burns- <i>Alovera gel</i> 5. Leprosy (Screening and referral)<i>Kittibhakuhta/ EkKusht/ KshudraKushta-Kushthachikitsa Charak</i> 6. <i>Virechan</i>, <i>Raktamokshan</i>, <i>Pracchan karma</i>, <i>Jallaukacharan</i>, <i>Cupping therapy</i>) - Ayurveda therapies for the prevention and treatment of dermatological disorders 	3
	<p>4. Psychiatry(Manasrog/ Manovigyan) Screening, Diagnosis, Preventive, promotive, primary /maintenance therapy and appropriate referral by integrating the principles of Modern medicine and Ayurveda for-</p> <ol style="list-style-type: none"> 1. Depression (<i>Vishaad</i>) 2. Anxiety (<i>Udvega</i>) 3. Stress 4. Agitated patient/Violent patient/ Panic Attack 5. Mental Status Examination 6. Myths & misconception about mental health Child Psychiatry – ADHD, Academic & Behavioural Issues in Children 	3

	7. <i>Dhyan-dharna, TratakPranayam, Shirobasti, Shirodhara, Takradhara, TadanChikitsaYognidra</i> for stress management and mental wellness	
	5. General Surgery (Shalyatantra) Screening, Diagnosis, Preventive, promotive, primary /maintenance therapy and appropriate referral by integrating the principles of Modern medicine and Ayurveda for- <ol style="list-style-type: none"> 1. Differential diagnosis and evaluation of- pain in abdomen 2. Differential diagnosis and evaluation of- lump in abdomen 3. Diagnosis and evaluation of- hernia, hydrocele 4. Haemorrhoids/ fissures/ fistula (<i>Arsh, KsharsutraNirman, Dhupanchikitsa, Awagah</i>) 5. Management of burns 6. Diagnosis and appropriate referral of Varicose veins (<i>Siragranthi-Jalaukavacharan</i>) 7. Localized swellings- Lipoma, Sebaceous cyst, abscess, etc (<i>Udwartan, Swedan, Lapan Chikitsa</i>) 8. Ear lobe repair 9. Management of clean lacerated wounds (<i>RopanChikitsa, Ropantailya</i>) 10. Basics of wound management (<i>VranaChikitsa</i>) <i>Shodhan Chikitsa, Shodhan Tailya, Marm Chikitsa</i>) 11. Acute burns and electrocution 12. Trauma (RTA/ Drowning/ assault) 	8
	6. Basics of diagnostic tests (Laboratory and Radiology)Rog nidan and VikrutiVidnyan Interpretation and clinical correlation of <ol style="list-style-type: none"> 1. Chest X ray 2. ECG 3. Cardiac enzymes 4. CBC 5. Lipid profile 6. RFT(<i>Tail bindu Pariksha- Urine analysis</i>) 7. LFT 8. Electrolytes Rog nidan and VikrutiVidnyan <ol style="list-style-type: none"> 1. <i>Nidanpanchak</i> 2. <i>Shatkriyakala</i> 3. <i>Methods of Rogipareeksha</i> 4. <i>Assessment of Dosha, dhatu, vikruti</i> 5. <i>Rogibalapareeksh</i> 	2
	7. Otorhinolaryngology Screening, Diagnosis, Preventive, promotive, primary /maintenance therapy and appropriate referral by integrating the principles of Modern medicine and Ayurveda for- <ol style="list-style-type: none"> 1. Ear discharge(<i>Karnstraav, KarnDhupan, KarnPuranChikitsa</i>) 2. Ear pain(<i>Karnshool, Dhupan</i>) 3. Epistaxis(<i>Nasya, Durvaras, Ghruta</i>) 4. Nasal blockage(<i>Svedan- Nadi/ Bashp</i>)(<i>Nasya, Pratimarsha, Anutailnasya, Bhruhniyanasya, AgnikarmaShalaka, Panchdhatu, SuvarnaRaupyaShalaka</i>) 5. Stridor 6. Pre-malignant/ malignant lesions of ENT 7. Screening and referral of hearing impairment(<i>Karnpuran, Sarivadiwati</i>) 8. Allergic rhinitis- (<i>Nasya therapy, Ayurvedic medications</i>)- <i>VamanChikitsa</i> 	3

	<p>9. URTI/ Acute tonsillitis(<i>KawalGandush- Vaman therapy</i>)</p> <p>10. Neck abscess(<i>Sinha Mudra, YogSadhana</i>)</p>	
	<p>8. Ophthalmology</p> <p>Differential diagnosis, primary management and/or referral by integrating the principles of Modern medicine and Ayurveda for-</p> <ol style="list-style-type: none"> 1. Red eye 2. Refractory errors, colour blindness(<i>Netra Tarpan with exercises, Ghrut-Shat to SahastraAwartan</i>) 3. Cataract 4. Glaucoma 5. Vitamin A deficiency/ Night blindness (<i>Panchkarma/ Kriyakalpa</i>)/dry eye(<i>Netra tarpan</i>) 6. Dacrocystitis- (<i>Nasya Therapy</i>) 7. Corneal ulcer 8. Pterygium, eyelid disorders, squint, etc(<i>Kshaar- Surma Netra Shalaka</i>) 9. Ophthalmic Emergencies-Primary management and referral (<i>AshchyotanChikitsa</i>) 10. Orientation to eye donation and eye banking 	3
	<p>9. Orthopaedics (Asthi Rog Vidnyan)</p> <ol style="list-style-type: none"> 1. Differential diagnosis, primary management and/or referral by integrating the principles of Modern medicine and Ayurveda for- 2. Osteoarthritis (<i>Sandhigatwaat- Snehan, Swedan, Aamwat- Rukshswed, Aushadhi, Vaatrakt- Rasswed with Valuka/jaadmeeth/infrared</i>) 3. Low Back Pain (<i>Kati shool</i>) <i>Kati basti</i> 4. Neck Pain (<i>Manyashool</i>)- <i>Manyabasti</i> 5. Sprains (<i>Ligament injuries</i>)- <i>Nirgudiswedan</i> 6. Strains (Muscular injuries) 7. Upper Limb Fractures (<i>Kapaatshayan</i>) 8. Lower Limb fractures (<i>Kapaatshayan</i>) 9. Dislocations (<i>Snehan for swelling</i>) 10. Sports Injuries 11. Geriatric Orthopaedics 12. <i>VihaarChikitsa, Rutucharya, Dincharya, Yoga in orthopedic disorders</i> 	3
	<p>10. Obstetrics and Gynaecology (Prasutitantra and Strirog)</p> <ol style="list-style-type: none"> 1. Differential diagnosis, primary management and/or referral by integrating the principles of Modern medicine and Ayurveda for- 2. Antenatal care with high risk referrals(<i>Garbhiniparicharya</i>)(<i>Swastivachan, Mantrachikitsa, Suvarnprashan, Suvarnvachayog, Pichudharan</i>) 3. Intra-natal care(<i>PrasavAwastha</i>)(<i>Snehan, Dhupan</i>) 4. Postnatal care(<i>Sutikaparicharya</i>)(<i>Uttarbasti, Pichudharan, Snehvirechan for Garbhinikikwis i.e. Striaegravidarum</i>) <i>Mand, Peya, Vilepi- diet</i> 5. Breastfeeding(<i>Dhatri</i>)- <i>StanyashodhanChikitsa</i> 6. Contraceptives and family planning 7. UTI(<i>MutraKruchra</i>)/ Menstrual disorders(<i>Rajaswalaparicharya, ArtavVyapad</i>)/ Reproductive tract infections (<i>Pittaj Yoni Vyapad</i>)/AUB(<i>Shandgodak, Ksharkarm, Uttarbasti, Awagaha</i>) 8. Screening for breast cancer and cervical cancer 	6
	<p>11. Basics of Paediatrics(Kaumarbhritya/ Baal Rog)</p> <ol style="list-style-type: none"> 1. Differential diagnosis, primary management and/or referral by integrating the principles of Modern medicine and Ayurveda for- 	6

	<ol style="list-style-type: none"> 2. Breastfeeding and complementary feeding(<i>Dhatriand Stanyadushti for lactose intolerance, The Do's and Don'ts- Viruddhahaar</i>, nutrition of young children) 3. Childhood immunization(<i>Suvarnprashan, Suvarnvachayog</i>) 4. Classification of sick Child using the IMNCI guidelines <ol style="list-style-type: none"> a. Management of child with cough, cold (<i>Kaas</i>)and difficulty on breathing/ Asthma(<i>TamakShwaas-Dhupan,Nasya therapy, Sadyovaman, Bal hirdavirechan, Aaragvadh, SaumyaVirechan</i>) 5. Normal growth and development of children (<i>Fakka</i>)(<i>Pangulgada, Potlisnehan with Raktsali, Shashthsali, Swedan for delayed milestones</i>) 6. Nutritional assessment & management of child with nutritional deficiency disorders(<i>Prinanmodak, Medhyarasayan</i>) 7. Convulsions(<i>Shirobasti, Shirodhara, Shiropichu, Mantrachikitsa</i>) 	
	<p>12. Rational use of drugs(DravyaGunaVigyana)</p> <ol style="list-style-type: none"> 1. Prescription guidelines 2. Common communicable and non-communicable diseases- National guidelines 3. Adverse drug reaction of common medications 4. Common drug interactions 5. Over the counter medications 6. Patient education on prescription (Prescription communication) 7. <i>Essential Ayurvedic medications- Formulations like Churn, Ghuti, Vati, Asava, Aarisht, Bhasma, Potlirasayana, Suvarnkalp, Raskalp and Ayurvedic pharmacodynamics and pharmacokinetics- Ras, Virya, Vipaak, Prabhav</i>) 	2
	<p>13. Medico-legal aspects of healthcare delivery (Agad Tantra avumVidhivaidyaka)</p> <ol style="list-style-type: none"> 1. Documentation and medical records 2. Injury certificate 3. Death certificate 4. Physical fitness certificate 5. Laws pertaining to healthcare delivery 6. Medical liability insurance 7. Medical negligence 8. Informed consent 	2
	<p>14. Ayurveda for health and wellness</p> <ol style="list-style-type: none"> 1. Introduction to the concept of <i>Dosha, Dhatu, Mal, Prakriti,Nadipariksha</i>) <i>Dosha Dhaatu, Malamula (Trayostambh), Aahaar, Nidra, Brahamcharya (Trayopstambh)</i> 2. Introduction to the concept of <i>SrotasVigyan, Ashaya, Kala</i>) 3. <i>Dincharya</i> and <i>Rutucharya</i> including the <i>Ahaara</i>-nutrition in health and wellness 4. Nutrition (<i>Pathya, Apathya</i>) in common ailments(<i>Mand, Peya, Vilepi, Yush, Paanak</i>) 5. Basics of <i>Panchkarma</i>(<i>Snehan, Swedan, Vaman, Virechan, Basti, Raktmokshan, Nasya</i>) 6. Basics of <i>Ashtang yoga</i>(<i>Yam, Niyam, Asana, Pratyahaar, Pranayam, Dharna, Dhyaan, Samadhi</i>) 7. 10 basic principles of Ayurveda Niddan, Chikitsa and Aushadhi yojana- 	3

	<i>Dushyam, Desham, Blam, Kalam, Analam, Prakriti, Vay, Sattavam, Saatmyam, Aaharam, Awastha</i>	
	15. Communication skills 1. Effective verbal and non-verbal communication 2. Building trust and rapport 3. Empathy in patient communication 4. Communication with cultural competence 5. Informed consent 6. Health education/ Behaviour Change Communication (BCC)	2
	TOTAL CREDITS	60

X. QUARTERLY LEARNING PLAN

Sr. No.	BROAD SUBJECT HEADINGS (Integrating the Modern medicine and Ayurveda components)	THEORY (Lecture/ SDL/ Tutorial/ SGD/Seminars TL Hours (Credits)	Practical Skill lab training/ DOAP TL Hours (Credits)	EXPERIENTIAL LEARNING Clinical posting (OPD/Ward rounds/ case presentations/OT) TL Hours (Credits)	SDL TL Hours (Credits)	TOTAL TL Hours (Credits)
TERM 1						
1	Internal Medicine/Community Medicine <i>Kayachikitsa</i>	30 (2)	90 (3)	120 (2.67)	10 (0.33)	250 (8)
2	Common medical and surgical emergencies in general practice	30 (2)	90 (3)	120 (2.67)	10 (0.33)	250 (8)
3	Dermatology <i>Twakvikar</i>	10 (0.67)	30 (1)	30 (0.67)	20 (0.67)	90 (3)
4	Psychiatry <i>Manasrog</i>	10 (0.67)	30 (1)	30 (0.67)	20 (0.67)	90 (3)
	TOTAL	80	240	300	60	680
	CREDITS	5.33	8.00	6.67	2	22
TERM 2						
Sr. No.	BROAD SUBJECT HEADINGS	THEORY (Lecture/ SDL/ Tutorial/ SGD/Seminars TL Hours (Credits)	Practical Skill lab training/ DOAP TL Hours (Credits)	EXPERIENTIAL LEARNING Clinical posting (OPD/Ward rounds/ case presentations/OT) TL Hours (Credits)	SDL TL Hours (Credits)	TOTAL TL Hours (Credits)
1	General Surgery <i>Shalyatantra</i>	30 (2)	90 (3)	120 (2.67)	10 (0.33)	250 (8)
2	Basics of Diagnostic tests (Laboratory & Radiology) <i>Rog nidan and VikrutiVidnyan</i>	5 (0.33)	20 (0.67)	25 (0.55)	13 (0.45)	63 (2)
3	Otorhinolaryngology	10 (0.67)	30 (1)	30 (0.66)	20 (0.67)	90 (3)

4	Ophthalmology	10 (0.67)	20 (0.67)	40 (0.89)	23 (0.77)	93 (3)
5	Orthopaedics <i>AsthiRog Vidnyan</i>	10 (0.67)	20 (0.66)	40 (0.89)	24 (0.78)	94 (3)
	TOTAL	65	180	255	90	590
	CREDITS	4.33	6.00	5.67	3	19
TERM 3						
1	Obstetrics and Gynaecology <i>Prasutitantra and Strirog</i>	30 (2)	50 (1.67)	60 (1.33)	30 (1)	170 (6)
2	Paediatric <i>Baal Roga/ Kaumarbhritya</i>	30 (2)	50 (1.67)	60 (1.33)	30 (1)	170 (6)
3	Rational use of drugs	5 (0.33)	10 (0.33)	15 (0.33)	15 (0.5)	45 (2)
4	Medico-legal aspects of healthcare delivery (<i>Agad Tantra avumVidhivaidyaka</i>)	5 (0.33)	10 (0.33)	15 (0.33)	15 (0.5)	45 (2)
5	Ayurveda for health and wellness	10 (0.67)	20 (0.66)	30 (0.67)	15 (0.5)	75 (3)
6	Communication skills	5 (0.33)	10 (0.33)	15 (0.33)	15 (0.5)	45 (2)
	TOTAL	85	150	195	120	550
	CREDITS	5.67	5	4.33	4	19
	GRAND TOTAL TL HOURS	230	570	750	270	1820
	GRAND TOTAL CREDITS	15.33	19	16.67	9	60

XI .ROTATION SCHEDULE

MONTH	Place/dept. of posting/rotation
First term	1. Internal Medicine/Community Medicine <i>Kayachikitsa</i> 2. Emergency medicine/ Anaesthesia/ Casualty 3. Dermatology <i>Twakvikar</i> 4. Psychiatry <i>Manasrog</i>
Second Term	1. General Surgery <i>Shalyatantra</i> 2. Basics of Diagnostic tests (Laboratory & Radiology) <i>Rog nidan and VikrutiVidnyan</i> 3. Otorhinolaryngology 4. Ophthalmology 5. Orthopaedics <i>AsthiRog Vidnyan</i>
Third Term	1. Obstetrics and Gynaecology <i>Prasutitantra and Strirog</i> 2. Paediatric <i>Baal Roga/ Kaumarbhritya</i> 3. Rational use of drugs 4. Medico-legal aspects of healthcare delivery (<i>Agad Tantra avum Vidhivaidyaka</i>) 5. Ayurveda for health and wellness 6. Communication skills

Note: *Each candidate will be rotating through different clinical settings (OPDs, IPDs, EMS, Casualty, OTs, Labour room, Chikitsa and Panchakarma departments, skill labs, etc. of the respective medical and Ayurveda colleges throughout the course of fellowship for diversity and comprehensiveness in learning.

XII. ASSESSMENT

A) FORMATIVE ASSESSMENT during the training includes:

- 50 scenario based MCQs at the end of each term.
- Logbook for procedural and communication skills
- Feedback should be given to fellow.

B) SUMMATIVE ASSESSMENT at the end of the training (1 year)

Practical Examination of 200 Marks as stated below

1. Integrated Clinical case evaluation(including the Modern medicine and Ayurveda principles of diagnosis, prevention and treatment) - **100 Marks**

- **One long case**- 50 Marks from Medicine, Surgery, Obstetrics & Gynaecology & Paediatrics

- **Two short cases**(25 marks each)-

- Ophthalmology
- ENT
- Psychiatry
- Respiratory Medicine
- Dermatology
- Orthopedics

2. **Integrated Structured viva voce (Modern medicine + Ayurveda) using case scenario based cards -50 Marks (5 marks X 10 cards)**
3. **Spotters/ OSPE -50 Marks – 10 marks each x 5spots/stations on - Intellectual/ procedural skills of Emergency medicine/ Laboratory investigations, ECG, diet planning, Radiology, Prescription writing, museum specimens of vaccines, nutrition or any other relevant subject topic**
- **Passing Criteria-** 50% of the total marks (Not less than 40 % individually in any of the above 3 heads)

XIII. Regarding fee structure, Staff requirement, Director, Course coordinator and Mentor eligibility, infrastructure & academic and clinical facilities

The following shall be notified by the University at the time of “Call for Applications” for each academic year.

1. Proposed Course fee structure, (The final fees shall be such, as may be notified by the University)
 2. Eligibility criteria for students - Indian national, Minimum qualification- Health Sciences Graduate of Modern medicine or Ayurveda (MBBS, BAMS)
 3. Eligibility criteria for Director, Course Coordinator and Mentor; Number of Mentors and training staff or teaching staff required according to the specialty
 4. Infrastructure and academic facilities required for conducting the Fellowship
 5. Hospital facility, clinical material required for conducting the Fellowship
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