

CURRICULUM

Technical School Leaving Certificate

Ayurveda

(18 months program)



Council for Technical Education and Vocational Training
Curriculum Development Division

Sanothimi, Bhaktapur
Second Revision March 2013
Third Revision August 2016

Table of Contents

Introduction:.....	3
Title:.....	3
Aim:	3
Objectives:	3
Programme Description:	4
Course Duration	4
Entry criteria:	4
Medium of Instruction:	4
Pattern of Attendance:.....	4
Instructors' Qualification:.....	4
Teacher and Student Ratio:.....	5
Instructional Media and Materials:	5
Teaching Learning Methodologies:	5
Evaluation Details:.....	5
Grading System:.....	6
Certificate Awarded:	6
Job Opportunity:	6
Allocation of weeks and Hours for theory and Practical	6
Suggested Master Plan.....	7
Course Structure.....	8
Ayurvedik Maulika Siddhanta and Shareera	9
Human Anatomy & Physiology.....	11
Dravyaguna-Vigyana	14
Rasa-shastra & Bhaishajya-kalpana.....	21
Swasthavritta.....	26
Nidana Chikitsa.....	29
Samudayika Chikitsa	31
Shalya-Shalaky.....	34
Striroga-Prasuti and Balaroga-vigyana	36
Health Management	38
On the Job Training (OJT).....	41
Reference Books:	42
Basic Requirements	45

Introduction:

Nepal Government, Ministry of Education implemented the letter grading system in SLC from 2072 B.S. The door of TSLC programme is open for those students who have appeared in SLC exam and achieved any GPA and any grade in each subject. Focusing on such students the curriculum of TSLC of 29 months and 15 months have been converted into 18 months to create uniformity among different TSLC programme.

This curriculum is designed to produce basic level human resources in the field of Ayurveda equipped with knowledge, skills and attitude necessary for this level of technicians so as to meet the demand of such technician in the country.

Title:

The title of the programme is **TSLC in Ayurveda**

Aim:

The aim of the programme is to equip trainees with skills and knowledge of Ayurveda to make the trainees competent in the application of these skills/knowledge for the prevention and cure of human diseases/disorders as well as preservation/promotion of human health.

Objectives:

After completing this curricular program, the students will be able:

- To be familiar with concept of Aayu, Ayurveda and its history and evolution.
- To be familiar with anatomy and physiology of human body.
- To assist & perform general examination of the human body.
- To be familiar with Dravyaguna-vigyana, its basic principles and identify common medicinal plants.
- To be familiar with essential Ayurvedic as well as allopathic medicines available in health posts & sub-health posts.
- To be familiar with Rasa-shastra, preparation and dispensing methods of common Ayurvedic formulations.
- To be familiar with the basic concept of personal hygiene, promotion of human health and prevention of diseases.
- To be familiar with diagnostic methods, general management of common diseases/disorders and referral to appropriate Centre.
- To be familiar with the concept of health education and environmental health.
- To be familiar with laboratory report of the patient.
- To be familiar with the signs, symptoms and simple management of diseases related to Shalya and Shalakya-tantra.
- To perform first aid procedures & assist senior practitioner in pre-surgical and post-surgical procedures.
- To be familiar with reproductive health, gynecological disorders, antenatal and postnatal care, child health and common diseases of the children.
- To assist in antenatal, postnatal care and other gynecological and obstetrical procedures.
- To be familiar with health management system of Nepal.
- To perform data collection, record keeping, making charts and filling the Ayu forms.

Programme Description:

This program provides skills and related technical knowledge necessary to be a competent Auxiliary Ayurvedic Health Worker (AAHW).

There will be both demonstrations by instructors and opportunity for the trainees to perform skills/tasks necessary for the technician. Trainees will learn skills using typical tools/equipment/material and supplies necessary for the program.

Trainees successfully completing the program will be able to assist for prevention, diagnosis, and treatment of common diseases/health disorders through Ayurvedic approach. Trainees will be able to preserve and promote their health through the art of healthy living and advice the community for the same. Again this program provides the skills/knowledge necessary for the trainees to be self-employed in the field of Ayurveda in the days to come.

This program also includes On-The-Job-Training (OJT) in which the trainees are placed on the job under the supervision of the supervisors in the related hospital/health post/Institute. It aims at the trainees be familiar with and get experience of the world of real work and gain skills/knowledge that are new or not covered in the training institute.

Course Duration

This course will be completed within 18 months/76weeks/2520 hours; including 12 weeks (480 hours) On the Job Training (OJT) with supervision. The 3 months (480 hours) OJT will be compulsory after completing final exam.

Entry criteria:

Individuals with following criteria will be eligible for this program:

- SLC with any grade and any GPA (Since 2072 SLC).
- SLC appeared (Before 2072 SLC)
- Pass entrance examination administered by CTEVT

Group size:

The group size will be maximum 40 (forty) in a batch.

Medium of Instruction:

The medium of instruction will be in English and/or Nepali language.

Pattern of Attendance:

The students should have minimum 90% attendance in theory classes and practical/performance to be eligible for internal assessments and final examinations.

Instructors' Qualification:

- Instructors should have bachelor degree in Ayurveda Medicine and Surgery (BAMS) or Certificate in ayurveda with minimum 5 years practical based experiences.
- The demonstrator should have Certificate in Ayurveda with minimum 2 years practical based experiences.
- Good communicative/instructional skills

Teacher and Student Ratio:

- Overall at institutional level: 1:10
- Theory: 1:40
- Practical: 1:10
- Minimum 75% of the teachers must be fulltime

Instructional Media and Materials:

The following instructional media and materials are suggested for the effective instruction, demonstration and practical.

- Printed media materials (assignment sheets, handouts, information sheets, procedure sheets, performance check lists, textbooks, newspaper etc.).
- Non-projected media materials (display, models, photographs, flip chart, poster, writing board etc.).
- Projected media materials (multimedia/overhead transparencies, slides etc.).
- Audio-visual materials (films, videodiscs, videotapes etc.).
- Computer-based instructional materials (computer-based training, interactive video etc.)

Teaching Learning Methodologies:

The methods of teaching for this curricular program will be a combination of several approaches such as;

- Theory: lecture, discussion, assignment, group work, question-answer.
- Practical: demonstration, observation, simulation, role play, guided practice and self-practice.

Evaluation Details:

- The marks distribution for theory and practical tests will be as per the marks given in the course structure of this curriculum for each subject. Ratio of internal and final evaluation is as follows:

S.N.	Particulars	Internal Assessment	Final Exam	Pass %
1.	Theory	50%	50%	40%
2.	Practical	50%	50%	60%

- There will be three internal assessments and one final examination in each subject. Moreover, the mode of assessment and examination includes both theory and practical or as per the nature of instruction as mentioned in the course structure.
- Every student must pass in each internal assessment to appear the final exam.
- Continuous evaluation of the students' performance is to be done by the related instructor/trainer to ensure the proficiency over each competency under each area of a subject specified in the curriculum.
- The on-the-job training is evaluated in 300 full marks. The evaluation of the performance of the student is to be carried out by the three agencies; the concerned institute, OJT provider industry/organization and the CTEVT Office of the Controller of Examinations. The student has to score minimum 60% for successful completion of the OJT.

Grading System:

The grading system will be as follows:

Grading

Distinction
First division
Second division
Third division

Overall marks

80% or above
75% to below 80%
65% to below 75%
Pass aggregate to below 65%

Certificate Awarded:

The council for technical education and vocational training will award certificate in “**Technical School Leaving Certificate in Ayurveda**” to those graduates who successfully complete the requirements as prescribed by the curriculum.

Job Opportunity:

The graduate will be eligible for the position equivalent to Non-gazetted 2nd class/level 4 (technical) as Auxiliary Ayurveda Health Worker (AAHW) or as prescribed by the Public Service Commission. The graduate is eligible for registration with the Nepal Ayurveda Medical Council in the grade as mentioned in the NAMC Act.

Allocation of weeks and Hours for theory and Practical

S.N.	Particular	Weeks	Hours
1	Study block	17	680
2	Skill lab	15	600
3	Practical : Ayurveda Zonal, Ayurveda District, Ayurvedic Aausadhalaya, PHC, District Hospital	15	600
4	Community Field	2	80
5	Management Field	2	80
6	Vacation	10	
7	Revision Class	1	
8	Final Exam	2	
9	On the Job training(OJT)	12	480
	Total	76	2520

Suggested Master Plan

1	2	3	4	5	6	7	8	9	10
Study Block							Herbarium Collection	Dashain & Tihar	
11	12	13	14	15	16	17	18	19	20
Vacation		Skill Lab			Comprehensive Hospital practice				Study Block
21	22	23	24	25	26	27	28	29	30
Study Block			Skill Lab			Raw Material collection and Hospital practice on Drug Preparation		Stri, Prasuti & Balrog	
31	32	33	34	35	36	37	38	39	40
Study Block						Vacation			
41	42	43	44	45	46	47	48	49	50
Skill Lab				Community Field		Health Management Practice		Skill Lab	
51	52	1	2	3	4	5	6	7	8
Skill Lab			Hospital Practice on First Aid, Immunization, family planning, nutrition and Communicable/Non Communicable disease.						Revise
9	10	11	12						
Vacation		Finale Exam							

1	2	3	4	5	6	7	8	9	10	11	12
On the Job Training											

Course Structure

S. N	Subjects	Nature	Theory & Practical			Full Marks		
			T	P	Total (T+P)	T	P	Total
1.	Ayurvedik Maulika Siddhanta and Shareera	T	78	-	78	50	0	50
2.	Human Anatomy and Physiology	T+P	66	90	156	40	60	100
3.	Dravyaguna-vigyana	T+P	115	198	313	70	130	200
4.	Rasa-shastra and Bhaishajya-kalpana	T+P	90	224	314	50	150	200
5.	Swasthavritta	T+P	50	146	196	20	80	100
6.	Nidana Chikitsa	T+P	50	186	236	30	120	150
7.	Samudayika Chikitsa	T+P	93	260	353	50	150	200
8.	Shalya-Shalakya	T+P	30	88	118	10	40	50
9.	Striroga-Prasuti & Balaroga-vigyana	T+P	30	88	118	10	40	50
10.	Health Management	T	78	80	158	50	50	100
Total			680	1360	2040	380	820	1200

On the Job Training

Subject	Nature of Instruction	Duration (Hrs.)	Full marks
On -the -Job Training (OJT)	Practical	480	300
Grand total		2040	1500

T = Theory, P = Practical

Ayurvedik Maulika Siddhanta and Shareera

Total Hours: 78

Theory: 78

Practical: 0

Course description

This course is designed to provide students the knowledge about the basic principles of Ayurveda and description of Shareera in Ayurveda. It also includes the general knowledge and history of Ayurveda.

Objectives

After completion of the course the students will be able to:

- Understand the concept of Aayu, Ayurveda, Aatma, Prakriti and Purush.
- Explain the concept of Shareera and Manasa Dosha.
- Understand the meanings of Saptadhatu, Upadhatu, Panchamahabhutas, Mala, Agni.
- Identify the concept of Shareera from Ayurvedic point of view.
- Understand the history and development of Ayurveda.

SN	Tasks	Related technical knowledge	Hours
1	Study on Ayurveda	Definition and concept of Ayurveda, Aayu, Atma, Shareera, Indriya, Prakriti and Purusha and their importance.	10
2	Study on Vata, Pitta and Kapha Dosha	<ul style="list-style-type: none"> • Definition of Vata, Pitta and Kapha on etymological basis. • Nature, types, locations and functions. • Features (signs and symptoms) of increased & diminished/decreased states of Vata, Pitta & Kapha dosha. 	15
3	Introduce Manasa Dosha.	<ul style="list-style-type: none"> • Definition of the Manasa Dosha. • Types of Manasa Doshas • Nature and types of Manasa Dosha; and their role in causing diseases 	5
4	State Panchamahabhutas.	<ul style="list-style-type: none"> • List of Panchamahabhutas. • Role of Panchamahabhutas in formation of Doshas and Dhatus. 	10
5	Explain Dushyas (Dhatu & Upadhatu)	<ul style="list-style-type: none"> • Definition of Dushyas and understand the concept of Dushyas • Concept of Dhatu & Upadhatu • Names of Dhatus and Upadhatu. • Functions of Saptadhatu and Upadhatu. • Increased or decreased states of Dhatus. • Role of Ojas for health and causing diseases. 	10
6	Introduce Malas.	<ul style="list-style-type: none"> • Concept and types of Malas. • Meaning and role of Mala in health. • Symptoms of increased and decreased state of Malas. • Role of Malas in causing diseases. 	5
7	Describe the Agni.	<ul style="list-style-type: none"> • Concept and types of Agni. • Meaning of Agni. 	5

		<ul style="list-style-type: none"> • Types of Agni and their role in health. • Role of Agni for causing diseases 	
8	Study Shareera.	<ul style="list-style-type: none"> • Concept of Shareera from Ayurvedic view. • Definition of Shareera and Shaareera. • Meaning, place and functions of Tyacha, Kala, Snayu, Sira, Dhamani, Peshi and Asthi. • Definition and types of Purusha, Prana, Aashaya, Srota, Marma and Navadwara. 	10
9	Understand Prakriti	<ul style="list-style-type: none"> • Concept of Prakriti. • Characters of Vataja, Pittaja and Kaphaja Prakriti. • Types of Panchabhautik Prakriti. • Importance of Prakriti in health and diseases. 	4
10	Explain the history of Ayurveda	<ul style="list-style-type: none"> • Historical development of Ayurveda. • Main classical Samhitas and their writers. • Concept of Astanga Ayurveda. • Importance of the study of History of Ayurveda. 	4

Human Anatomy & Physiology

Total: 156 hours
Theory: 66 hours
Practical: 90 hours

Description:

This course is designed to provide a basic knowledge of anatomy and physiology. It also includes the knowledge about structure and function of the human body and changes that take place normal processes & examination.

Objectives:

At the end of course, the students will be able to:

1. Be familiar with anatomy and physiology of human body.
2. Identify and describe different parts/organs of human body

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
1	Observe, Identify & explain Anatomical terminologies	<ul style="list-style-type: none"> • Introduction of Anatomy & Physiology • Definition of anatomical terminologies: <ul style="list-style-type: none"> ○ Anatomical position ○ Middle line ○ Other terms: Superior, Inferior, Anterior, Posterior, Lateral, Superficial, Deep, External, Internal, Peripheral, Central 	2	4	6
2	Identify human cells and tissues	<ul style="list-style-type: none"> • Introduction and structure of cells • Different types of cells & cell division • Introduction and types of tissues • Observation of normal cells and tissue 	3	5	8
3	Identify the bones and different organs of human skeletal system	<ul style="list-style-type: none"> • Basic concept, structure and functions of human skeletal system including: <ul style="list-style-type: none"> ○ Bones of skull ○ Bones of vertebral column ○ Bones of upper extremities, ribs and sternum, pelvic bones & bones of lower extremities. • Observation and sketch out of skeleton module and the bones of the different parts of body 	5	10	15
4	Identify the human muscular system	Basic concepts, structure and functions of human muscular system including: <ul style="list-style-type: none"> • Voluntary muscles, Involuntary muscles • Cardiac muscle • Deltoid muscle, Gluteal muscle • Muscles of face • Biceps, Triceps • Accessory muscles for respiration 	3	5	8
5	Identify joints of human body	<ul style="list-style-type: none"> • Define different types of joints of human body. • Observe and describe the functions of different 	1	3	4

		types of joints of human body.			
6	Identify different organs of human circulatory system	<ul style="list-style-type: none"> • Basic introduction to structure and functions of circulatory system including: <ul style="list-style-type: none"> ○ Structure & function of heart ○ Cardiac cycle, heart beat and pulse ○ Blood vessels, Arterial system, System of veins ○ Blood & its composition ○ Blood groups and Blood pressure • Observe the structure of heart 	10	6	16
7	Understand human lymphatic system	<ul style="list-style-type: none"> • Introduction to the structure and functions of lymphatic system including: <ul style="list-style-type: none"> ○ Lymphatic vessels and lymph nodes ○ Circulation of lymph ○ The spleen ○ The thymus • Define immunity and its types 	2	1	3
8	Understand human nervous system	<ul style="list-style-type: none"> • Introduction to structure & functions of nervous system including: <ul style="list-style-type: none"> ○ Brain, spinal cord and neurons ○ Peripheral and central nervous system ○ Autonomous nervous system, Sympathetic & parasympathetic nervous system • Observation of human nervous system – Brain, Spinal cord from module/ chart 	6	10	16
9	Identify the organs of human excretory system	<ul style="list-style-type: none"> • Introduction to the excretory system and physiology of urine formation • Define and describe the functions of kidney, ureters, urinary bladder & urethra. • Observe and describe the structures of kidney, ureters, urinary bladder & urethra. 	4	8	12
10	Identify the human respiratory system	<ul style="list-style-type: none"> • Introduction to the structure and functions of respiratory system including: <ul style="list-style-type: none"> ○ Nasal cavity, larynx, pharynx ○ Trachea, bronchi and lungs ○ Process of air exchanges • Observe, sketch & explain about the organs of human respiratory system 	6	11	17
11	Identify the human digestive system	<ul style="list-style-type: none"> • Introduction to the structure and functions of digestive system including: <ul style="list-style-type: none"> ○ Oral cavity, esophagus, stomach, small intestine, large intestine ○ Accessory organs: salivary gland, pancreas, liver ○ Physiology of digestion ○ Digestion, absorption and metabolism of carbohydrate, protein, fat, minerals & 	10	8	18

		<p>vitamins</p> <ul style="list-style-type: none"> • Observe, sketch & explain about the organs of human digestive system 			
12	Identify the organs of human reproductive system	<ul style="list-style-type: none"> • Introduction to the structure and functions of reproductive system including: <ul style="list-style-type: none"> ○ Male and female reproductive organs ○ Menstruation cycle and fertilization • Observe, sketch & explain about the organs of human reproductive system 	4	6	10
13	Identify the parts of human skin	<ul style="list-style-type: none"> • Introduction to the structure and functions of human skin including: <ul style="list-style-type: none"> ○ Layers of skin ○ Sebaceous glands • Observe and sketch human skin. 	3	4	7
14	Understand human endocrine system	<ul style="list-style-type: none"> • Introduction to the structure and functions of human endocrine system. • Define and describe the structure and functions of pancreas, pituitary gland, thyroid gland & adrenal gland • Observe, sketch & explain pancreas, pituitary gland, thyroid gland and adrenal gland 	4	2	6
15	Identify the sense organs of human body	<ul style="list-style-type: none"> • Observe, sketch, explain structure and function of the sense organs of human body: <ul style="list-style-type: none"> ○ Eye ○ Ear ○ Nose ○ Tongue and ○ Skin 	4	6	10
Total:			66	90	156

Dravyaguna-Vigyana

Total: 313 hours
Theory: 115 hours
Practical: 198 hours

Description:

This course is designed to provide a basic knowledge of **Dravyaguna-Vigyana**. They will gain knowledge about basic concepts and principles of Dravyaguna-vigyana with special focus on identification, properties, actions and uses of medicinal plants; and also about essential medicines/drugs used in primary health care level.

Objectives:

At the end of course, the students will be able to:

1. Understand about Dravyaguna-vigyana, its basic principles, importance, scope and general principles of Bhesaja Prayoga (use of medicines)
2. Define and explain Dravya, Guna, Rasa, Veerya, Vipaka, Prabhava and Karma.
3. Identify and classify Dravyas, Bhesaja and Aahara (medicines and diets), common medicinal plants with their Nepali, Sanskrit & Latin names, useful parts, uses, dose and specific preparations
4. Understand about Varga (groups) of Ayurvedic medicines, common terminologies,
5. Identify the method of cultivation, collection, detoxification & storage of common medicinal plants.
6. Identify the concept of & general knowledge about Essential Ayurvedic medicines; identify common essential allopathic medicines available in health posts & sub-health posts.

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
1.	Identify Dravyaguna Shastra	<ul style="list-style-type: none">• Definition of Dravyaguna and its Importance• Definition of Pancha-padartha	4	0	4
2.	Identify Dravya & its types	<ul style="list-style-type: none">• Definition and classification of Dravya	3	4	7
3.	Identify Rasa & its types	<ul style="list-style-type: none">• Definition of Rasa• Types of Rasa and Anurasa• Relation of Rasa with Dosha & Pancha-mahabhuta	4	4	8
4.	Identify Guna & enlist Gurvadi 20 Guna	<ul style="list-style-type: none">• Definition, importance and types of Guna• Enlist Gurvadi 20 Gunas with examples	3	6	9

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
5.	Identify Vipaka & its types	<ul style="list-style-type: none"> • Definition & importance of Vipaka • Types of Vipaka, difference between Avasthapaka & Nishthapaka 	2	4	6
6.	Identify Veerya & its types	<ul style="list-style-type: none"> • Definition & importance of Veerya • Types of Veerya 	2	2	4
7.	Identify the concept of Prabhava	<ul style="list-style-type: none"> • Definition & concept of Prabhava • Importance of Prabhava with examples 	2	2	4
8.	Identify the concept & types of Karma	<ul style="list-style-type: none"> • Definition & importance of Karma • Concept of mutual relation of Dravya, Pancha-padartha & Karma • Types of Karma with examplpes 	5	8	13
9.	Identify general principles of Bheshaja Prayoga	<ul style="list-style-type: none"> • Identify general principles of Bheshaja Prayoga (using Ayurvedic medicines) with special focus on dose, route and method of use or administration, time & duration. • Definition, importance and examples of Anupana and Pathya-Apathya. • Concept, general principles, importance & practice of counseling 	6	10	16
10.	Identify Ayurvedic terminologies	Definition with examples of the following terminologies: Deepana, Pachana, Shamana, Anulomana, Sramsana, Bhedana, Rechana, Vamana, Samshodhana, Chhedana, Lekhana, Graahi, Stambhana, Rasayana, Vajeekarana, Vyavayi, Vikashi, Madakari, Abhishyandi, Yogavahi, Brimhana	4	8	12

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
11.	Identify Gana or Varga (groups) of Ayurvedic medicines	Definition, identification and uses of: Triphala, Trikatu, Chaturushana, Panchakola, Shadushana, Chaturbeeja, Panchtikta, Laghupanchamula, Brihatpanchamula, Dashamula, Ashtavarga, Panchavalkala, Panchatrina, Jeevaniya-gana, Ksharashtaka, Upavisha, Amlagana, Chatusneha	4	8	12
12.	Identify the following Medicinal Plants:	Identify the following Dravya (medicinal plants) with their Nepali, Sanskrit & Latin names, introduction, distribution, useful parts, Karma, uses, route & method of use or administration, dose and at least one specific preparation: <ul style="list-style-type: none"> • Ashoka (अशोक) • Ashwagol (अश्वगोल) • Aragvadha (आरग्वध) • Udumbara (उदुम्बर) • Ushira (उशीर) • Ela (एला) • Katphala (कटफल) • Kapikachchhu -कपिकच्छु) • Kampillaka -कम्पिल्लक) • Karkatashringi -कर्कटशृङ्गी) • Kasha -काश) • Kusha -कुश) • Kushtha -कुष्ठ) • Gokshura -गोक्षुर) • Chakramarda -चक्रमर्द) • Changeri -चाङ्गेरी) • Japa -जपा) • Jamboo -जम्बू) • Jatiphala -जातीफल) • Jeeraka -जीरक) • Tanduliya -तण्डुलीय) 	18	20	38

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> • Doorva -दूर्वा) • Dronapushpi -द्रोणपुष्पी) • Parpataka -पर्पटक) • Pancha-aunle -मुञ्जातक, पाँचऔले) • Priyangu -प्रियङ्गु) • Prishniparni -पृश्निपर्णी) • Balaa -बला) • Bakuchi -बाकुची) • Brihati -बृहती) • Madanaphala -मदनफल) • Mushali -मुशली) • Mustaka -मुस्तक) • Yarsagumba -यार्सागुम्बा) • Lavanga -लवङ्ग) • Vanshalochana -वंशलोचना) • Shrikhanda -श्रीखण्ड) 			
13.	Identify the following Medicinal Plants with their properties & uses:	<p>Identify the following Dravya (medicinal plants) with their Nepali, Sanskrit & Latin names, introduction, distribution, Rasa, Guna, Veerya, Vipaka, Prabhava, Karma, uses, useful parts, preservation, harvesting time, route & method of use or administration, dose and specific preparation (at least one preparation):</p> <ul style="list-style-type: none"> • Aswagandha -अश्वगन्धा) • Katuki -कटुकी) • Kantakari -कण्टकारी) • Karanja -करञ्ज) • Kiratatikta -किराततिक्त) • Kutaja -कुटज, इन्द्रयव) • Kumari -कुमारी) • Khadira -खदिर) • Chitraka -चित्रक) • Jatamansi -जटामांसी) • Tumburu -तुम्बुरु) • Damanaka -दमनक, तीतेपाती) • Daruharidra -दारुहरिद्रा) • Dhataki -धातकी) • Nimba -निम्ब) • Nirgundi -निर्गुण्डी) 	20	40	60

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> • Patha -पाठा) • Parijata -पारिजात) • Pashanabheda -पाषाणभेद) • Pippali -पिप्पली) • Punarnava -पुनर्नवा) • Bilva -बिल्व) • Beejaka -बीजक) • Bhumyamalaki -भूम्यामलकी) • Bhringaraja -भृङ्गराज) • Mandookaparni -मण्डूकपर्णी) • Mahanimba -महानिम्ब) • Yavani -यवानी) • Yashtimadhu -यष्टीमधु) • Rasona (रसोन) • Vacha -वचा) • Varuna -वरुण) • Vaasaka -वासक) • Vidanga -विडङ्ग) • Vibhitaka -विभीतक) • Sarpagandha (सर्पगन्धा) • Shatavari -शतावरी) • Sariva (सारिवा) • Haritaki -हरीतकी) • Trivrit (Nishotha) -त्रिवृत्, निशोथ) 			
14.	Identify the method of detoxification of following Medicinal Plants with their properties & uses.	<p>Identify the method of detoxification of following Dravya (medicinal plants) with their Nepali, Sanskrit & Latin names, introduction, distribution, Rasa, Guna, Veerya, Vipaka, Prabhava, Karma, uses, useful parts, preservation, havesting time, route & method of use or administration, dose and specific preparation (at least one preparation):</p> <ul style="list-style-type: none"> • Arka (अर्क) • Ahiphena -अहिफेन) • Karaveera (करवीर) • Kuchala -कुचला) • Guggulu (गुग्गुलु) • Gunja -गुञ्जा) 	12	14	26

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> • Dhattura -धत्तूर) • Palasha -पलाश) • Bhanga -भङ्गा) • Bhallataka -भल्लातक) • Langali -लाङ्गली) • Vatsanabha -वत्सनाभ) • Sehunda (सेहुण्ड, स्नुही) 			
15.	Identify the method of cultivation, collection & storage of following medicinal plants with their properties & uses:	<p>Identify the method of cultivation, collection & storage of following medicinal plants with their Nepali, Sanskrit & Latin names, introduction, distribution, Rasa, Guna, Veerya, Vipaka, Prabhava, Karma, uses, useful parts, preservation, harvesting time, route & method of use or administration, dose and specific preparation (at least one preparation) of the following Dravya (medicinal plants):</p> <ul style="list-style-type: none"> • Amalaki -आमलकी) • Ardraka -आर्द्रक) • Eranda -एरण्ड) • Guduchi -गुडूची) • Tulasi -तुलसी) • Dhanyaka -धान्यक) • Podinaka -पोदीनक) • Methika -मेथिका) • Rasona (रसोन) • Haridra -हरिद्रा) 	10	20	30
16.	Identify the concept of Essential Ayurvedic medicines & general knowledge about such medicines.	<ul style="list-style-type: none"> • Identify the concept of Essential Ayurvedic medicines. • Acquire general knowledge regarding main ingredients, dosage forms, route & method of administration, doses, indications, contraindications of essential Ayurvedic medicines available in different levels of government institutions. 	8	4	12
17.	Identify common essential allopathic medicines available in health posts &	<ul style="list-style-type: none"> • General concept of essential allopathic drugs. • Identify the list of essential 	8	4	12

S.N.	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
	sub-health posts under government of Nepal.	allopathic medicines available in health posts & sub-health posts under government of Nepal • Side effects & contra-indications of these drugs			
18.	Herberiyam collection	• Identify different medicinal plant and sample collection of their useful part		40	40
Total			115	198	313

Rasa-shastra & Bhaishajya-kalpana

Total: 314 hours

Theory: 90 hours

Practical: 224 hours

Description:

This course is designed to provide a basic knowledge of **Rasa-shastra & Bhaishajya-kalpana**. This course also provides knowledge about Parada & other common materials of metal, mineral and animal origin, common Yantra (equipment/instruments) which are used to prepare Ayurvedic medicines, Likewise, they will gain basic knowledge about preparation or processing and dispensing of common Ayurvedic medicines.

Objectives:

At the end of course, the students will be able to:

1. Understand about the concept & importance of rasa-shastra, related terminologies & explain its scope.
2. Classify and describe common Dravyas of Rasa-shastra including Rasa, Uparasa (minerals), Dhatu (metals), Jangama-dravyas (animal and marine products), Ratna, Lavana and Kshara.
3. Identify and explain Yantra, Puta, Musha, furnaces etc. common equipments, instruments or tools used to prepare Ayurvedic medicines.
4. Prepare common Ayurvedic formulations.
5. Dispense and mix Ayurvedic medicines of common use.
6. Understand existing rules, regulations and provisions regarding Ayurvedic medicines

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
1.	Identify the concept of Rasa-shastra	<ul style="list-style-type: none"> • Definition concept & importance of rasa-shastra 	4	0	4
2.	Identify the subject related following terminologies	<ul style="list-style-type: none"> • Definition or concept of the following terminologies related to groups of materials: <ul style="list-style-type: none"> • Lavana-panchaka • Lavana-trika • Kshara-dwaya • Kshara-traya • Kshara-panchaka • Ksharashtaka • Mutrashtaka • Amla-varga • Amala-panchaka 	4	4	8

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> • Pancha-tikta • Pancha-mrittika • Panchamrita • Pancha-gavya • Mitra-panchaka 			
3.	Identify the subject related following terminologies	Definition or concept of the followings terminologies related to processing methods: <ul style="list-style-type: none"> • Bhavana • Dhalana • Avapa • Nirvapa • Shodhana • Marana • Apunarbhava • Varitara • Kajjali • Rasha-panka • Rasha-pisti • Parpati 	3	6	9
4.	Identify Yantra, Musha and Puta	<ul style="list-style-type: none"> • General introduction of Yantra • General introduction and types of Musha • Different types of Putas and furnaces 	3	4	7
5.	Identify Parada or Rasa	<ul style="list-style-type: none"> • Synonyms, characteristics of pure and impure Rasa (Parada) • Shodhana (detoxification) of Parada& Hingulottha Parada • General introduction to Ashta-sanskara of Parada. • Classification of drugs used in Rasa-shastra. 	4	6	10
6.	Identify the drugs used in Rasa-shastra	<ul style="list-style-type: none"> • Enumerate & identify Maharasa-varga • Enumerate & identify Uparasa-varga • Enumerate & identify Sadharana-rasa-varga • Enumerate & identify Dhatu-varga & Upadhatu-varga • Enumerate & identify Ratna-varga 	2	4	6
7.		<ul style="list-style-type: none"> • Synonyms, toxic effects, Shodhana, uses, dose and specific preparation of the following materials: <ul style="list-style-type: none"> ○ Gandhaka, ○ Hingula, ○ Sphatik ○ Churna ○ Tankana 	6	16	22

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> ○ Yavakshara ○ Navasadara ○ Soraka, ○ Shilajatu, 			
8.	Purify common materials used for preparation of Ayurvedic medicines	<ul style="list-style-type: none"> ● Synonyms, toxic effects, Shodhana, Marana, uses, dose and specific preparation of the following materials: <ul style="list-style-type: none"> ○ Abhraka ○ Makshika ○ Mandoora ○ Gairika ○ Godanti ○ Mukta ○ Pravala/Muga ○ Shankha ○ Shukti ○ Varatika ○ Mriga-shringa ○ Loha ○ Nava-ratna, 	7	14	21
9.	Identify the drugs with toxic effects	<ul style="list-style-type: none"> ● Synonyms, toxic effects, Shodhana and specific preparation of the following materials: <ul style="list-style-type: none"> ○ Haritala ○ Manahshila ○ Shankhiya-visha ○ Vatsanabha ○ Kupilu (Kuchila) ○ Jayapala ○ Bhallataka 	4	8	12
10.	Prepare common Ayurvedic Rasaushadhi	<ul style="list-style-type: none"> ● Preparation of Kajjali and its importance ● Preparation, uses and dose of: <ul style="list-style-type: none"> ○ Rasha-manikyaa, ○ Swetaparpati, ○ Sudhamrita, ○ Tankana-bhasma, ○ Godanti-bhasma, ○ Sankha-bhasma, ○ Mrigashringa-bhasma, ○ Shukti-bhasma, ○ Varatika-bhasma, ○ Kshara-kalpana, Yavakshara ○ Lavana-kalpana, Narikela-lavana, ○ Vida-lavana, 	11	24	35

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
		<ul style="list-style-type: none"> ○ Mandoora-bhasma, ○ Pravala (Muga)-bhasma. 			
11.	Identify the concept of Bhaishajya-kalpana	<ul style="list-style-type: none"> ● Definition and importance of Bhaishajya-kalpana ● Importance of Sodhana and Satmyikarana (purification, detoxifying & making suitable) and Matra (quantity) for preparing medicine 	4	0	4
12.	Prepare Panchavidha Kashaya-kalpana	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of the following Panchavidha Kashaya-kalpana: <ul style="list-style-type: none"> ○ Swarasa-kalpana: Durva-swarasa ○ Kalka-kalpana: Ardraka-kalka ○ Kwatha-kalpana: Dashamula-kwatha ○ Hima-kalpana: Dhanyaka-hima ○ Phanta-kalpana: Yasthimadhu-phanta 	5	10	15
13.	Prepare Churna-kalpana	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of following Churna-kalpana: <ul style="list-style-type: none"> ○ Triphala ○ Sitopaladi ○ Avipattikara ○ Hingwashtaka ○ Panchasakara 	5	10	15
14.	Prepare Vati-kalpana	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of following Vati-kalpana: <ul style="list-style-type: none"> ○ Yograja-guggulu (Vati) ○ Bhuvaneshwara-vati 	2	4	6
15.	Prepare Avaleha-kalpana/ Rasakriya	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of following Avaleha-kalpana/Rasakriya: <ul style="list-style-type: none"> ○ Vasavaleha ○ Chyawanaprashavaleha 	2	4	6
16.	Prepare Asava/Arishta-kalpana	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of following Asava/Arishta: <ul style="list-style-type: none"> ○ Kumaryasava ○ Ashokarishta 	2	4	6
17.	Prepare Sneha-kalpana (Ghrita/Taila)	<ul style="list-style-type: none"> ● Introduction, preparation, dose and uses of following Sneha-kalpana (Ghrita/Taila): <ul style="list-style-type: none"> ○ Triphala Ghrita ○ Siktha Taila 	2	4	6
18.	Prepare Malaham-kalpana	<ul style="list-style-type: none"> ● Introduction to Malaham-kalpana, preparation and uses of Dadruvidravana-malaham 	1	2	3
19.	Introduce quality of raw materials, good manufacturing	<ul style="list-style-type: none"> ● Concept and importance of identifying quality of raw materials; ● General introduction to good manufacturing 	6	8	14

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
	practice and prepared medicines	<p>practice and its importance;</p> <ul style="list-style-type: none"> • Importance of research for quality assurance of Ayurvedic medicines; • General introduction to quality of finished products; • General knowledge of common methods of quality testing of raw materials. 			
20.	Introduce sterilization, preservation, storage and dispensing of Ayurvedic medicines	<ul style="list-style-type: none"> • Concept, importance and types of sterilization • Concept and importance of preservation of Ayurvedic medicines • Concept and importance of storage of Ayurvedic medicines • Concept and importance of dispensing and mixing of Ayurvedic medicines • General methods of dispensing & mixing Ayurvedic medicines with examples 	7	12	19
21.	Introduce existing rules, regulations and provisions regarding preparation and marketing of Ayurvedic medicines	<ul style="list-style-type: none"> • Brief introduction to Ayurvedic council Act, Health professional Council Act, Drug Act and other relevant existing rules & regulations regarding preparation and marketing of Ayurvedic medicines. • Brief introduction to government organizations related to management, administration, technical support and regulation of Ayurvedic and other drugs • General knowledge about present status of raw materials, manufacturing, demand & supply, quality and availability of Ayurvedic medicines 	6	0	6
22.	Practical <ul style="list-style-type: none"> • Identify medicine • Identify and collect raw material • Prepare medicine • Preserve medicine 	<ul style="list-style-type: none"> • Distric Ayurvedic Hospital • Zoonal Ayurvedic Hospital • Ayurvedic Aausadalaya • Drugs preparation Company • Skill lab in institute 		80	80
Total			90	224	314

Swasthavritta

Total: 196 hours

Theory: 50 hours

Practical: 146 hours

Description:

This course is designed to provide a basic knowledge of Swasthavritta (healthy conducts and lifestyle). It includes the knowledge about basic concept of personal hygiene, promotion of health and prevention of diseases through Ayurveda.

Objectives:

At the end of this course students will be able to:

- Understand about the basic concept of personal hygiene, promotion of health and prevention of diseases through Ayurvedic concept
- Improve healthy conducts and lifestyle
- Understand about Yoga and its use in daily life.

SN	Task statement	Related technical knowledge	Time (Hrs)		
			T	P	Total
1	Identify the concept of Swasthya and Swasthavritta	<ul style="list-style-type: none"> • Definition and importance of Swasthavritta • Define and describe about Swasthya (health) and Swastha(healthy person) 	2	2	4
2	Understand the measures of Swasthavritta	<ul style="list-style-type: none"> • Define & describe the measures of Swasthavritta including the followings: <ul style="list-style-type: none"> ○ Dinacharya, Ratricharya ○ Vyayama, Abhyanga, Snana & other healthy conducts prescribed in Ayurveda ○ Ritucharya ○ Tri-Upastambha ○ Kayika, Manasikaand Vachika Sadvritta ○ Samajika(social) Sadvritta ○ Vaiyaktik (personal) Sadvritta 	4	6	10
3	Identify the concept of Satmya and Vega	<ul style="list-style-type: none"> • Define and explain Satmya and Asatmya • Define and describe Vega • Enumerate Dharaniya&Adharaniya Vega 	2	4	6
4	Understand about Panchakarma	<ul style="list-style-type: none"> • Define and describe Panchakarma • Understand the concept and importance of Purvakarma, Pradhana-karma, Pashchat-karma • Define and describe Snehana and Swedana • Define and describe Vamana, Virechana, Basti, Shirovirechana/Nasya, Raktamokshana • Define and describe Samsarjana-karma, Rasayana and Santarpana 	5	16	21
5	Understand	1. Define and describe Vyadhikshamatwa	12	9	21

	aboutVyadhikshama twa&Janapadodhwa nsa	(immunity) and its types;Sahaja, Kalaja, Yuktikrita Vyadhikshamatwa, 1. Define and describe Janapadodhwamsa 2. Understand about the cause and prevention of Janapadoddhwamsa 3. Understand about communicablediseases including Vishamajwara (malaria), Antrajwara (typhoid), Visuchika(cholera), Masurika (measles), Rajayakshma (tuberculosis), Krimi (worms) and others. 4. Understand about non-communicable diseases and its preventive measure (Diabetes, Cancer, CVDs, CRDs)			
6	Understand about water and its importance	Understand about water and its importance & types with following aspects: ○ Source of water ○ Hardness of water ○ Water pollution and impurities of water ○ Purification in small scale and in large scale	2	4	6
7	Understand about latrine and its importance	<ul style="list-style-type: none"> • Definition and importance of latrine/toilet • Types of latrine/toilet • Proper hand washing practice 	2	4	6
8	Understand about waste management	<ul style="list-style-type: none"> • Define and describe about waste and its types • Understand the importance of waste disposal and proper excreta disposal, management of domestic waste • Introduction to hazardous waste and hospital waste management. • Introduction to Shava-vinash and its types;Agnidaha, Bhumisthapana and Vidutiya daha 	4	6	10
9	Identify family planning measures and devices	<ul style="list-style-type: none"> • Definition andimportance of family planning • Introduction to family planning measures, devices and their types; merits and demerits of family planning devices; Condom, Pills, Depo- Provera, IUCD, Norplant • Natural and calendar method of family planning, emergency contraceptives 	4	8	12
10	Introduction of nutrition	<ul style="list-style-type: none"> • Definition and importance of nutrition • Ayurvedic concept and types of Bhojana/Aahara; Ahara- matra and Ahara-kala, Ahara-vidhi-vishashayatana • Essential elements of Aahara; protein, fat/lipid, minerals, water & electrolytes, Jivaniya-tatwa (vitamins); Satmya-bhojana and balanced diet 	4	6	10
11	Introduction to	<ul style="list-style-type: none"> • Definition, concept and importance of Yoga; 	3	8	11

	Yoga	<ul style="list-style-type: none"> • role of Yoga in health promotion • Types of Yoga; Ashtanga Yoga, Raja-yoga and Hatha-yoga • Introduction to Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi 			
12	Understand and identify Yogic practices	<ul style="list-style-type: none"> • Introduction, observation and practice of Yogasana, Pranayama & other Yogic practices: <ul style="list-style-type: none"> ○ Padmasana ○ Sukhasana ○ Vajrasana ○ Halasana ○ Swastikasana ○ Gomukhasana ○ Dhanurasana ○ Pashchimottasana ○ Kukkutasana ○ Shavasana ○ Ardhamatsyendrasana ○ Sarvangasana ○ Yogamudra ○ Pranayama; Puraka, Kumbhaka, Rechaka ○ Surya Namaskara ○ Bhramari 	5	20	25
13	Understand and identify Shatkarma	<ul style="list-style-type: none"> • Definition, concept and importance of Shatkarma • Observation and practice of Naulikarma, Dhautikriya, Vastikarma, Netikarma, Kapalbhata and Tratak 	4	10	14
	Clinical Observation & Practice in Hospital & Institute	<ul style="list-style-type: none"> • Identify differential disease & its Treatment • Practice Yoga & Meditation • Practice Panchakarma • Prepare balance diet 		40	40
		Total	50	146	196

Nidana Chikitsa

Total: 236 Hours

Theory: 50 Hours

Practical: 186 Hours

Description:

This course is designed to provide a basic knowledge of prevention, diagnosis methods & treatment of common diseases/health disorders through Ayurveda approach. It also includes the knowledge and skill to preserve & promote health through the art of healthy living & advise the community for the same.

Objectives:

At the end of this course, students will be able to:

1. Understand about the diagnosis method of common diseases/health disorders.
2. Understand about the general management of common diseases/ health disorders.
3. Understand about the preservation & promotion of human health.

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			T	P	Total
1.	Identify the concept of Roga-nidana and Nidana-panchaka	<ul style="list-style-type: none"> • Definition and concept of Roga-nidana and Nidana-panchaka • Types & description of Nidana-panchaka or Pancha-nidana; Nidan; Purvaroop, Roopa, Upashaya and Samprapti 	4	2	6
2.	Understand and carry out Rogi-pariksha	<ul style="list-style-type: none"> • Definition and concept of Rogi-pariksha • Types & description of Rogi-pariksha; Trividha Pariksha, Panchavidha Pariksha, Shadvidha Pariksha and Ashtavida Pariksha • Observe and carry out following methods of Rogi-pariksha: <ul style="list-style-type: none"> ○ Nadi (pulse), Mutra (urine), Mala (stool), Jihwa (tongue), Shabda (voice/throat), Sparsha (skin and by touch), Drishti/Netra (eye/vision/sight), Akriti (size/shape/gait) and Koshthanga-pariksha. 	8	12	20
3.	Taking clinical history	<ul style="list-style-type: none"> • Definition, concept and importance of clinical history taking • Observe and carry out clinical history taking of various types of diseases (cases suffering from different diseases). 	2	8	10
4.	Diagnose & manage common diseases	Definition, causes, types, sign & symptoms and management/referral of following diseases: <ul style="list-style-type: none"> • Agnimandya, Ajirna, Aruchi • Atisaara, Pravahika, Grahani 	10	22	32

		<ul style="list-style-type: none"> • Amlapitta, Gulma • Chhardi, Trishna • Vibandha • Kamala • Udararoga 			
5.	Diagnose & manage common diseases	Definition, causes, types, sign & symptoms & management/referral of following diseases: <ul style="list-style-type: none"> • Jwara, Shotha • Prameha • Kasa, Shwasha, Hikka • Raktapitta, Rajayakshma 	8	16	24
6.	Diagnose & manage common diseases	Definition, causes, types, sign & symptoms & management/referral of following diseases: <ul style="list-style-type: none"> • Amavata, Vatarakta • Gridhrasi, Pakshaghata • Chhudrakustha, Kushtha • Sheetapitta, Visarpa • Krimiroga 	9	22	31
7.	Diagnose & manage common diseases	Definition, causes, types, sign & symptoms & management/referral of following diseases: <ul style="list-style-type: none"> • Arsha, Bhagandar • Asmari • Mutrakrichchhra • Mutraghata 	5	14	19
8.	Diagnose & manage common diseases	Definition, causes, types, sign & symptoms & simple management/referral of following diseases: <ul style="list-style-type: none"> • Apasmara • Hridroga/Hridayaroga • Murchha • Unmada 	4	10	14
9	Clinical Observation & Practice in Hospital & Institute	<ul style="list-style-type: none"> • Identify differential diagnosis, treatment, management & prevention 		80	80
Total:			50	186	236

Samudayika Chikitsa

Total: 353 hours

Theory: 93 hours

Practical: 260 hours

Description:

This course is designed to provide the basic concept of health and different types of diseases, pathology, first aid and management, identify the environmental issues and conduction of health education.

Objectives:

At the end of course, the students will be able to

- Understand about the cause, symptoms and management of different diseases,
- Understand different life threatening condition and apply first aid measure to save life and promote health and recovery of the patient,
- Understand the concept of health education,
- Explain about the environmental health,
- Understand the laboratory report of the patient.

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			Th	Pr	Total
1.	Manage the viral diseases	Definition, cause, symptoms, prevention & management of following diseases: Measles, Mumps, Polio, Chicken pox, Influenza, Infective hepatitis & AIDS	5	12	17
2.	Manage the bacterial diseases	Definition, cause, symptoms, prevention & management of following diseases: Gonorrhoea, Syphilis, Leprosy, Dysentery, Whooping cough, Diphtheria, Tetanus & Typhoid fever	6	14	20
3.	Manage the protozoal diseases	Definition, cause, symptoms, prevention & management of malaria, kala-azar, filaria, giardia & amoebiasis	5	8	13
4.	Manage the worm infestations	Introduction, cause, symptom, prevention and management of round worm, hook worm, tape worm, thread worm & whip worm infestations	4	8	12
5.	Manage vitamin deficiency diseases	Introduction, symptom, prevention & management of vitamin deficiency diseases; night blindness, beriberi, pellagra, scurvy, rickets & Vitamin "K" deficiency disease	5	10	15
6.	Explain the concept of nutrients and manage mineral deficiency & nutritional diseases	<ul style="list-style-type: none"> • Introduction to essential & non essential nutrients • Introduction, symptoms, prevention & management of anemia • Introduction, symptom, prevention & management of marasmus and kwashiorkor 	4	6	10

7.	Manage the common diseases	<ul style="list-style-type: none"> • Definition, causes, symptoms, prevention and general management of stomatitis, ring worm, scabies & gastritis • Definition, cause, types, symptoms, signs, prevention & management of diarrhea and cholera. • Composition of oral rehydration salt & its methods of preparation 	8	16	24
8.	Explain the concept of first aid	Definition & objectives of First Aid; role and responsibilities of first aid provider.	2	4	6
9.	Carry out artificial respiration and dressing /bandage	<ul style="list-style-type: none"> • Concept of artificial respiration techniques; different methods & techniques of artificial respiration • Type of dressing & bandage and their procedures 	2	4	6
10.	Manage alcoholic cases, poisoning cases, snake bite & rabies	<ul style="list-style-type: none"> • Stages & first aid management of alcoholism • Types, toxicity, and first aid management of poisoning cases • Process of first aid management of snake bite • Introduction, symptoms & prevention of rabies 	4	6	10
11.	Enlist harmful effect of insects	<ul style="list-style-type: none"> • Enlist harmful effects of insects & their prevention 	1	4	5
12.	Manage haemorrhage and shock	<ul style="list-style-type: none"> • Definition, types, symptom & first aid management of external haemorrhage • Definition, causes, types, symptoms & first aid management of shock 	2	2	4
13.	Carryout first aid management of burn, heat stroke and drowning	<ul style="list-style-type: none"> • Definition, types, symptoms & first aid management of burn & estimation of burn • Definition, symptoms, prevention and management of heat stroke • Definition, symptoms and first aid management of drowning 	3	4	7
14.	Explain the concept of health & public health	<ul style="list-style-type: none"> • Definition and concept of health & public • Explain primary health care & its components • Air and its composition • Water, sources, types & uses of water. 	6	8	14
15.	Describe the concept of ventilation, industrial health, sewage purification & recycling method	<ul style="list-style-type: none"> • Concept of ventilation, types of ventilation and their importance in public health • Concept of industrial health, harmful effects of industrial hazards and their prevention • Concept of sewage purification and recycling; methods of sewage purification and recycling, and their importance 	7	12	19
16.	Enlist importance of health education	<ul style="list-style-type: none"> • Introduction, concept & objectives of health education 	3	6	9

		<ul style="list-style-type: none"> Principles, importance & methods of health education 			
17.	Carryout group discussion and lecture	<ul style="list-style-type: none"> Concept & procedure of group discussion; its advantages & disadvantages Lecture, its presentation, advantages and disadvantages. Audio visual aids and their uses 	3	8	11
18.	Describe the concept of vital statistics	Introduction to vital statistics, maternal mortality, infant mortality, crude rate& census	3	8	11
19.	Provide family planning services	Definition, Types (temporary and permanent), advantages & disadvantages of temporary and permanent family planning and Family planning counseling	3	10	13
20.	Understand about microorganisms & the methods of sterilization	<ul style="list-style-type: none"> Classify micro-organisms in relation to their structure- bacteria, parasites, virus and fungi Enlist the factors influencing bacterial growth Sterilization and different methods of sterilization (physical, chemical), Process of sterilization 	4	10	14
21.	Introduction to internal parasites	<ul style="list-style-type: none"> Describe modes of infection, pathogenicity, laboratory diagnosis & prevention of medically important internal parasites prevalent in Nepal Describe blood/tissue parasites; plasmodium, leishmania, wuchereria, and their harmful effect on health 	4	6	10
22.	Identify blood components	<ul style="list-style-type: none"> Describe process of formation & composition of blood; functions of blood components (RBC, WBC, Platelets & plasma); and structure, functions & estimation of hemoglobin Describe normal values of total & differential count of WBC, haemoglobin & erythrocyte sedimentation rate (ESR) 	6	8	14
23.	Describe sample collection of stool	Importance and procedure of sample collection of stool	1	2	3
23.	Examine urine	<ul style="list-style-type: none"> Definition, constituents, importance and procedure of urine sample collection Explain about sugar & albumin 	2	4	6
24	Clinical Observation, Practice in Hospital & Institute	<ul style="list-style-type: none"> Observation different Lab Examination Counseling of Family Planning method Observation & apply of First Aid treatment Identify differential diagnosis, treatment, management & prevention 		80	80
Total			93	260	393

Shalya-Shalakyia

Total: 118 hours

Theory: 30 hours

Practical: 88 hours

Description:

This course is designed to provide the basic concept of Shalya and Shalakyia-tantra.

Objectives:

At the end of course, the students will be able to:

- Understand about the concept and use of Yantra, Shastra in Shalya and Shalakyia-tantra.
- Understand about the signs, symptoms and simple management of diseases related to Shalya and Shalakyia-tantra.
- Perform first aid procedures and assist senior practitioner in pre-surgical and post-surgical procedures.

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			Th	Pr	Total
1.	Understand Shalya-tantra	<ul style="list-style-type: none"> • Definition and concept of Shalya-tantra • Concept of Tribidha-karma; Purva-karma, Pradhana-karma and Paschat-karma 	2	-	2
2.	Identify Yantra and Shastra	Definition, identification, functions & procedure of handling of Yantra and Shastra	2	4	6
3.	Perform sterilization	Concept, definition, types/methods and importance of sterilization	1	2	3
4.	Manage Vrana-shotha and Vidradhi	<ul style="list-style-type: none"> • Definition, causes, types, sign and symptoms & general treatment/referral of: <ul style="list-style-type: none"> ○ Vrana-shotha and Vidradhi ○ Carrying out incision & drainage 	2	6	8
5.	Identify Ashta-vidha Shastra-karma	<ul style="list-style-type: none"> • Definition and application of Ashta-vidha Shastra-karma • Definition, types, causes & treatment/referral of Sadyovrana; methods of suturing & dressing 	2	6	8
6.	First aid management of fracture and dislocation	Definition, causes, types, signs& symptoms, complications and simple management/referral of fracture and dislocation	2	2	4
7.	Manage burn and scalds	Definition, causes, type, sign and symptoms, general management/referral and complications of burns and scalds	1	2	3
8.	Identify Mutravarodha, Gudarsha, Bhagandara and Parikartika	<ul style="list-style-type: none"> • Definition & identification of Mutravarodha (retention of urine);observe & manage catheterization • Definition, causes, types, signs & symptoms, complication and simple management/referral of Gudarsha (haemorrhoids), Bhagandara (fistula) & Parikartika (fissure-in-ano) 	3	4	7

9.	Understand Shalakyatantra	Definition, concept and importance of Shalakyatantra	2	-	2
10.	Identify Nasagataroga	<ul style="list-style-type: none"> Definition, causes, signs & symptoms and simple management/referral of Pratishtyaya, Dusta-pratishtyaya, Nasa-shalya, Nasarbuda and Nasagata-raktapitta 	2	2	4
11.	Identify and manage Mukharoga	Definition, causes, signs & symptoms and simple treatment/referral of Dantashula, Dantaharsha, Krimidanta and Mukhapaka	2	4	6
12.	Identify and manage Karnaroga	Definition, causes, signs & symptoms and simple treatment/referral of Karna-nada, Karna-srava, Karna-shula and Karna-shalya	2	4	6
13.	Identify and manage Netraroga	Definition, causes, signs & symptoms and simple treatment/referral of Abhishyanda, Linganasha, Pothaki, Kukanaka, Savrana-shukla (corneal ulcer) and Adhimantha (glaucoma)	2	4	6
14.	Identify Shiro-roga	Definition, types, causes, signs & symptoms and general treatment/referral of Shiro-rogas	1	2	3
15.	Identify and manage Talu-roga & Kantharoga	Definition, types, causes, signs & symptoms and general treatment/referral of Talupaka, Galashotha, Tundikeri, Rohini and Galaganda	2	2	4
16.	Identify Nasyakarma and Kriyakalpa related to Shalakyatantra	Types, procedures and application of Nasyakarma, Dhumpana, Dhupana, Kavala, Gandusha, Anjana, Akshitarpana, Ashchyotana, Bidalaka and Shirodhara	2	4	6
17.	Clinical Observation & Practice in Hospital	<ul style="list-style-type: none"> Identify differential diagnosis, treatment, management & prevention 		40	40
Total:			30	88	118

Striroga-Prasuti and Balaroga-vigyana

Total: 118 hours

Theory: 30 hours

Practical: 88 hours

Description:

This course is designed to provide the basic concept of Striroga, Prasuti and Balaroga.

Objectives:

At the end of course, the students will be able to:

- Understand about reproductive health of female, gynecological disorders, antenatal and postnatal care, child health and related diseases.
- Perform Uttara-basti, Pichu, Dhupana, Dhavana
- Assist senior practitioners in antenatal, postnatal care and other gynecological and obstetrical procedures.

SN	Task Statement	Related Technical Knowledge	Time (Hrs)		
			Th	Pr	Total
1.	Identify female reproductive system	<ul style="list-style-type: none"> • Definition and general introduction of female reproductive system; • General anatomy and physiology of female reproductive organs 	2	4	6
2.	Understand the concept of menstruation	<ul style="list-style-type: none"> • Definition, concept and management of menstruation • Introduction of menarche and menopause 	2	0	2
3.	Identify common gynecological problems.	<ul style="list-style-type: none"> • Definition, cause, signs and symptoms and general treatment/referral of Anartava, Dushtartava and Kastartava, • Definition, cause, signs and symptoms and general treatment/referral of Pradara; Swetapradara & Raktapradara • Definition, cause, signs and symptoms and general treatment/referral of Yoni-vyapada; Yoni-bhramsa (uterine prolapse) • Definition, cause, signs and symptoms and general treatment of Stanya-granthi 	4	4	8
4.	Exposure to gynecological OPD	<ul style="list-style-type: none"> • Exposure to gynecological OPD for clinical knowledge of above mentioned diseases • Observe, assist and perform Uttar-basti, Picu, Dhoopan and Dhavana 	2	8	10
5.	Identify Garbhini	<ul style="list-style-type: none"> • Definition and stages of Garbhini (pregnant) • Signs & symptoms of Garbhini in different months (antenatal care) 	2	4	6
6.	Assist to manage labor	<ul style="list-style-type: none"> • Define and describe three stages of labor; simple management of normal labor 	2	4	6

7.	Identify and assist to manage Garbhini-roga	<ul style="list-style-type: none"> • Definition, cause, signs and symptoms and general treatment/referral of Anaemia, Jaundice and pregnancy hemorrhage • General knowledge and treatment/referral of edema, albuminorrhoea, hypertension, preeclampsia and eclampsia in pregnant woman 	2	4	6
8.	Identify & assist to manage retention of placenta	<ul style="list-style-type: none"> • Definition, cause, signs and symptoms and simple management/referral of the retention of placenta 	2	4	6
9.	Identify and assist to manage Sutika-roga	<ul style="list-style-type: none"> • Definition, cause, signs and symptoms and simple treatments/referral of common Sutikarogas 	2	2	4
10.	Identify and perform Shishu-paricharya.	<ul style="list-style-type: none"> • Definition of Saddyojata, Jatamatra, Navajata; stages of childhood. • General knowledge on Jatakarma, Shishu-paricharya (child care) and Kumara Sanskara • Breast feeding, artificial feeding, favorable and unfavorable foods for child, child room, playing place and utensils. • Normal growth & development of child; factors affecting growth & development of child. • Procedures of preserving health of child; nutritional disorders of child. • Introduction to immunization, enlist the name of vaccine; sketch out the national EPI schedule & maintain cold chain. 	6	8	14
11.	Understand Bala-roga	<ul style="list-style-type: none"> • Definition and concept of Bala-roga • Definition and importance of Stanya and Dhatri • Definition, cause, signs & symptoms, & simple management/referral of following Bala-roga: <ul style="list-style-type: none"> ○ Nabhipaka and Gudapaka ○ Dantodbhedakalina-roga, Udarashula, Balatisara, Krimi, helminthes & parasitic infections ○ Pratisyaya, Bala-shwashaanaka, Shwasanaka-jwara, Phakka, Kukunaka, Mukhapaka ○ Chhardi, Atisara and Bala-kamala 	4	6	10
12	Clinical Observation & Practice in Hospital	<ul style="list-style-type: none"> • Identify differential Gynecological disease, treatment, management & prevention • Identify differential Child disease, treatment, management & prevention 		40	40
		Total	30	88	118

Health Management

Total hours: 158

Theory: 78

Practical: 80

Description:

This course will provide knowledge and skill in health management field which can be applied to manage Ayurveda Ausadhalaya (dispensary), District Ayurveda Health Centre/Zonal Ayurveda Ausadhalaya, Regional Ayurveda Hospital and Central Ayurveda Hospital, Ayurveda Pharmacies and in the community. During training period, students will have opportunities of observation visits to observe existing health management systems as well as activities in real situation of different levels (Ayurveda Ausadhalaya, District Ayurveda Health Centre, Ayurveda Hospital and Ayurveda Pharmacies) of institutions.

Objectives:

At the end of this course the students will be able to:

- Understand about health management system of Nepal
- Perform data collection, make charts and fill up the forms and understand the HMIS
- Gain basic knowledge about research and record keeping
- Perform the good store keeping and drug distribution

SN	Tasks	Related technical knowledge	Time Hr.		
			T	P	T
1	Identify the health care systems in Nepal	1. Introduction, concept and scope of health management in health care system of Nepal 2. Overview of different health care systems of Nepal <ul style="list-style-type: none"> • Allopathy • Ayurveda • Homoeopathy, Unani, Naturopathy and Yoga • Amchi, Acupuncture and other healing practices like Dhama, Jhankri, Lama, Jharphuke, Vaidya, Gurau etc. 	4		
2	Identify Health organizations of Nepal	<ul style="list-style-type: none"> • Definition of organogram and organization; difference between organogram and organization • Structural types (horizontal & vertical) and functions of organization • Central , regional, zonal, district and peripheral level health organization in Nepal • Existing Ayurveda Health Institute of Nepal (Service center, Production Center, Education Center etc.) • Staffing pattern & functions of Zonal Ayurveda Ausadhalaya, District Ayurveda Health Centre and Ayurveda Ausadhalaya • Organogram of Department of Ayurveda 	6		

		<ul style="list-style-type: none"> Existing ayurveda health programe run by Gos, DOA Prepare and compare different organizational charts 			
3	Concept of primary health care (PHC) and health services	<ul style="list-style-type: none"> Definition and principles of primary health care (PHC), elements of PHC Primary health care programs in Nepal Role of Ayurveda health services in PHC Levels of health care services (primary, secondary and tertiary) Types of health services (promotional, preventive, curative and rehabilitative) Integrated health services in Nepal Role of Ayurveda in free health service program of Nepal 	6		
4	Identify management in health organization	<ul style="list-style-type: none"> Definition and principles of health management Functions of health management; Planning, Organizing, Directing, Controlling, Recording, Budgeting and Evaluating (POSDCRBE) 	4		
5	Identify planning	<ul style="list-style-type: none"> Definition and importance of planning Steps of planning; process of health planning in Nepal 	4		
6	Understand job description of health workers	<p>Understand job description of Ayurveda health workers in Nepal:</p> <ul style="list-style-type: none"> Ayurvedic doctor/Chikitsaka/Consultant Kaviraj/AHA, HA, Vaidya/AAHW/AHW Staff nurse, ANM VHW, FCHV 	4		
7	Basic concept of human resource training (HRT)	<ul style="list-style-type: none"> Meaning, objectives and importance of training Types of training; pre-service training, in-service training, on the job training (OJT), orientation (basic training), refresher training, formal academic training, formal non-academic training Training need assessment (TNA) Criteria for trainees selection Need identification of human resource for a organization Seniority and performance appraisal Prepare and conduct training 	8		
8	Identify data collection, data analysis & prepare different types of statistical charts	<ul style="list-style-type: none"> Definition and types of data Tabulation of data Data collection techniques; Interview, Questionnaire, Observation Problem identification, need selection & prioritization Definition and types of charts 	8		

		<ul style="list-style-type: none"> • Bar charts: Simple and multiple bar diagram, Pie chart • Prepare different charts 			
9	Conduct meeting and identify communication	<ul style="list-style-type: none"> • Definition and importance of meeting • Steps of conducting meeting and writing minute • Definition and importance of communication • Types and models of communication • Process and methods of communication • Factors affecting communication • Conduct meeting 	6		
10	Introduction of supervision	<ul style="list-style-type: none"> • Definition and importance of supervision • Tools of supervision; manual, personal file, checklist • Definition and types of checklist, preparation of checklist • Preparation of supervision plan • Reporting and feedback 	4		
11	Understand problem solving	<ul style="list-style-type: none"> • Definition of problem, steps of problem solving • Job satisfaction and grievances 	2		
12	Identify the Recording and reporting	<ul style="list-style-type: none"> • Definition and importance of record • Types of record forms used in Ayurveda institutions and health post • Introduction of Health Management Information System (HMIS) and filling of Aayu forms • Type of records; clinical, administrative • Prepare a report, filling of reporting and recording forms 	12		
13	Understand Research	<ul style="list-style-type: none"> • Introduction and importance of research • Types of research; qualitative research, quantitative research • Elements of research, introduction and types of sampling; probability and non-probability sampling • Definition and importance of survey, Introduction and uses of census • Compilation of qualitative and quantitative research on a topic as given by the subject teacher. 	10		
14	Practice Health Management System & Community Field	<ul style="list-style-type: none"> • Perform data collection, make charts and fill up the forms and understand the HMIS • Perform the good store keeping and drug distribution • Perform Community Diagnosis 		80	
		Total	78	80	158

❖ = *practical to be done by the students*

On the Job Training (OJT)

Full Marks: 300

Practical: 12 weeks/480 Hrs

Description:

On the Job Training (OJT) is a 3 months (12 weeks/72 working days) program that aims to provide trainees an opportunity for meaningful career related experiences by working fulltime in real organizational settings where they can practice and expand their classroom based knowledge and skills before graduating. It will also help trainees gain a clearer sense of what they still need to learn and provides an opportunity to build professional networks. The trainee will be eligible for OJT only after attending the final exam. The institute will make arrangement for OJT. The institute will inform the CTEVT at least one month prior to the OJT placement date along with plan, schedule, the name of the students and their corresponding OJT site.

Objectives:

The overall objective of the On the Job Training (OJT) is to make trainees familiar with firsthand experience of the real work of world as well as to provide them an opportunity to enhance skills. The specific objectives of On the Job Training (OJT) are to;

- apply knowledge and skills learnt in the classroom to actual work settings or conditions and develop practical experience before graduation
- familiarize with working environment in which the work is done
- work effectively with professional colleagues and share experiences of their activities and functions
- strengthen portfolio or resume with practical experience and projects
- develop professional/work culture
- broaden professional contacts and network
- develop entrepreneurship skills on related occupation

Activity:

In this program the trainees will be placed in the real work of world under the direct supervision of related organization's supervisors. The trainees will perform occupation related daily routine work as per the rules and regulations of the organization. The trainees will assist for prevention, diagnosis and treatment of common diseases/health disorders through Ayurvedic approach.

Potential OJT Placement site:

- Ayurvedic zonal, district hospital
- Zonal Ayurvedic Dispensary
- District Ayurvedic health center

Requirements for Successful Completion of On the Job Training:

For the successful completion of the OJT, the trainees should;

- submit daily attendance record approved by the concerned supervisor and minimum 72 working days attendance is required
- maintain daily diary with detail activities performed in OJT and submit it with supervisor's signature
- prepare and submit comprehensive final OJT completion report with attendance record and diary
- secured minimum 60% marks in each evaluation

Complete OJT Plan:

SN	Activities	Duration	Remarks
1	Orientation	2 days	Before OJT placement
2	Communicate to the OJT site	1 day	Before OJT placement
3	Actual work at the OJT site	12 weeks/72 days	During OJT period
4	First-term evaluation	One week (for all sites)	After 3 to 4 weeks of OJT start date
5	Mid-term evaluation	One week (for all sites)	After 8 to 9 weeks of OJT start date
6	Report to the parental organization	1 day	After OJT placement
7	Final report preparation	2 days	After OJT completion

- First and mid-term evaluation should be conducted by the institute.
- After completion of 3 months OJT period, trainees will be provided with 3 days period to review all the works and prepare a comprehensive final report.
- Evaluation will be made according to the marks at the following evaluation scheme but first and mid-term evaluation record will also be considered.

Evaluation Scheme:

Evaluation and marks distribution are as follows:

S.N	Activities	Who/Responsibility	Marks
1	OJT Evaluation (should be three evaluation in 3 months –one evaluation in every one months)	Supervisor of OJT provider	200
2	First and mid- term evaluation	The Training Institute	100
	Total		300

Note:

- Trainees must secure 60 percent marks in each evaluation to pass the course.
- If OJT placement is done in more than one institution, separate evaluation is required from all institutions.

OJT Evaluation Criteria and Marks Distribution:

- OJT implementation guideline will be prepared by the CTEVT. The detail OJT evaluation criteria and marks distribution will be incorporated in the guidelines.
- Representative of CTEVT, Regional offices and CTEVT constituted technical schools will conduct the monitoring & evaluation of OJT at any time during the OJT period.

Reference Books:

- **Ayurvedaka Itihas Evam Parichaya**, Vidyadhar Shukla and Ravidatta Tripathi, Delhi, India.
- **Ayurvediya Maulik Siddhanta Tatha Sankshipta Shareera**, Ramnath Bhattarai, T.U., Kathmandu.
- **Ayurvedaka Maulik Siddhantaharu**, Dr. Thakur Raj Adhikari.
- **Prachya Ayurvedigyanam**, Dr. Damodar Sharma Chalise, Kathmandu.
- **Human anatomy & Physiology**, Dr. Tilak pathak
- **Ross & Willson ,Anatomy & Physiology**,
- **Ayurvediya Vigyana**, Dr. Kashiraj Sharma Subedi, SOLID, Lalitpur, Nepal
- **Dravyaguna Evam Rasashastra**, Mr. Salauddin Miya, CTEVT, Nepal
- **Sthaniya Jadibutidwara Swasthya Raksha**, Dr. Shyam Mani Adhikari, NSU, Nepal
- **Abhinava Dravyaguna-vigyana**, Dr. Brahmadev Jha
- **Dravyaguna-vigyana (Part-I)**, Dr. Shyam Mani Adhikari, Sajha Prakashana, Lalitpur, Nepal.
- **Chandranighantu, Vol. 1-10, Singhadarbar Baidhyakhana Bikas Samiti, Kathmandu**
- **Rasaushadhi Chikitsa Vigyana**, Prof. Dr. Chandraraj Sapkota
- **Rasashastra**, Dr. Maheshwar Mishra & Dr. Bhupanarayan Jha
- **Dravyaguna Evam Rasashastra**, Mr. Salauddin Miya, CTEVT, Nepal
- **Ayurvediya Aushadhi Nirmana Vigyana**, Prof. Dr. Chandraraj Sapkota **Swasthavritta Nidana Chikitsa**, Dr. Thakurraj Adhikari & Dr. Basudev Kadel, CTEVT.
- **Yoga and Human Health**, Prof. Dr. Dhanik Lal Bharkher
- **Arogya Vigyana**, Khaptad Swami
- **Park & Park, Social & Preventive Medicine**
- महामारी विज्ञान तथा सरुवा रोग, भोगेन्द्र के.सी.
- **A text book of health education**, Prof. Hari Bhakta Pradhan
- समुदाय स्वास्थ्य शिक्षाको रूपरेखा, डा. देवीबहादुर श्रेष्ठ र डा. योगेन्द्र प्रधानाङ्ग, एडुकेशनल पब्लिशिंग हाउस
- **A textbook of first aid and Basic Medical Procedure**, Dr. Tilak Pathak
- **A Textbook of Clinical Pathology**, Parajuli & Ghimire
- **Clinical Medicine**, Dr. Sanjiv Dhungel **Shalaky Tantra**, Dr Laxmi Kanta Mishra
- **Ayurvediya Shalya Vigyana**, Dr Kashi Raj Sharma Subedi
- **Sachitra Shalaky Vigyana**, Dr Rabindra Chaudhuri
- **Swasthavritta Nidana Chikitsa**, Dr. Thakurraj Adhikari & Dr. Basudev Kadel, CTEVT.
- **Kaumara-bhrittya**, Dr. Kashiraj Sharma Subedi, Sajha Prakashan, Lalitpur, Nepal
- **Health Services Management in Nepal**, Dinesh Neupane and Vishnu Khanal
- स्वास्थ्य सेवा व्यवस्थापन, शिव प्रसाद सापकोटा
- **Community Health Education**, Ratna Kumar Giri
- स्वास्थ्य सेवा व्यवस्थापन, शिव प्रसाद सापकोटा
- **Community Health Education**, Ratna Kumar Giri
- **Ayurvedaka Itihas Evam parichaya**, Vidyadhar Shukla & Ravidatta Tripathi, Delhi, India.
- **Ayurvediya Maulik Siddhanta Tatha Sankshipta Shareera**, Ramnath Bhattarai, T.U., Kathmandu.

- **Ayurvediya Shalya Vigyana**, Dr Kashi Raj Sharma Subedi
- **Ayurvedaka Maulik Siddhantaharu**, Dr. Thakur Raj Adhikari.
- **A text book of health education**, Prof. Hari Bhakta Pradhan
- **A textbook of first aid and Basic Medical Procedure**, Dr. Tilak Pathak
- **A Textbook of Clinical Pathology**, KeahB. Parajuli, Dr. Prakash Ghimire
- **Clinical Medicine**, Dr. Sanjiv Dhungel
- **Community Health Education**, Ratna Kumar Giri
- **Human anatomy & Physiology**, Dr. Tilak pathak
- **Kaumara-bhrittya**, Dr Kashi Raj Sharma Subedi
- **Park's Textbook of Preventive and Social Medicine**, M/s Banarasidas Bhanot, Publisher 1167, Prem nagar, Jabalpur, 482001, India
- **Prachya Ayurvijnam**, Dr. Damodar Sharma Chalise, Kathmandu.
- **Shalaky Tantra**, Dr Laxmi Kanta Mishra
- **Sachitra Shalaky Vigyana**, Dr Rabindra Chaudhuri
- **Health Services Management in Nepal**, Dinesh Neupane and Vishnu Khanal
- **Ayurveda (for class 9 & 10)**; Dr. Thakur Raj Adhikari, Dr. Kashiraj Sharma Subedi & Dr. Shyam Mani Adhikari, Pathyakram Vikas Kendra, Sanothimi, Bhaktapur.
- **आधारभूत शल्य चिकित्सा विज्ञान**, डा. नरेन्द्रनाथ योगी, प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी, भक्तपुर
- **आधारभूत मानव शरिर तथा रचना क्रिया विज्ञान**, डा. भोगेन्द्र बस्नेत, प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी, भक्तपुर
- **समुदाय स्वास्थ्य निरूपण**, कुमार थापा, प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी
- **महामारी विज्ञान तथा सरुवा रोग**, भोगेन्द्र के.सी. प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी, भक्तपुर
- **सामुदायिक स्वास्थ्य संस्कृति र संचार**, शिव शरण महर्जन, प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी, भक्तपुर
- **स्वास्थ्य वृत्त निघान चिकित्सा**, डा. ठाकुरराज अधिकारी, प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद्, सानोठिमी, भक्तपुर
- **समुदाय स्वास्थ्य शिक्षाको रूपरेखा**, डा. देवीवहादुर श्रेष्ठ र डा. योगेन्द्र प्रधानाङ्ग, एडुकेशनल पब्लिशिंग हाउस
- **स्वास्थ्य सेवा व्यवस्थापन**, शिव प्रसाद सापकोटा

Basic Requirements

Facilities:

- Well-equipped sufficient class rooms
- Well-equipped Ayurvedic hospital/zonal or district health centre available to use
- Well-equipped lab/clinic
- Well-equipped library

List of Equipment/Devices:

- Stethoscope
- Sphygmomanometer (B.P. Set)
- Thermometer
- Minor surgical instruments
- Diagnostic sets
- Catheter
- Electric sterilizer
- Kidney tray
- Dressing drum
- Dressing trolley
- Drip stand
- Foreign body remover
- Breast pump
- Suture removing set
- Different types of Khalwa Yantra
- Bashpa Swedan Yantra
- Proctoscope
- Enema set
- Ryle's tube
- Simple microscope etc.