

III YEAR SYLLABUS

MANIPULATIVE THERAPIES

THEORY

- I. Introduction and History of Massage.
- II. Rules, Regulations and Characteristics of Masseur.
- III. Structures especially concerned in massage and parts of the body to be specially studied for the purpose is as follows:
 - a. Skin
 - b. Heart and Circulation
 - c. Nervous System
 - d. Skeletal System Including Joints and Joint Movements (Flexion, Extension, Abduction, Adduction, Supination, Pronation, Circumduction).
- IV. Basic therapeutic Massage (Swedish) techniques – Procedure, Indication, Contraindication and its physiological effects.
- V. Physiological Effects of massage on the following systems:-
 - a. Skin
 - b. Muscular System - Nutrition and Development Excitation of “M” & contraction of “M”, Increase of muscular electro-excitability, removal of the fatigue from muscle.
 - 1 Skeletal System
 - 2 Circulatory system
 - c. Respiratory System - Increase of respiratory activity and increase of tissue respiration
 - d. Digestive System - Improvement in appetite, improvement in secretion of digestive fluids, absorption and improvement in peristalsis.
 - e. Excretory System
- VI. Getting crisis through massage (Side effects and benefits).
- VII. Massage and its effects on:-
 - a. Nutrition
 - b. Haematogenesis
 - c. Phagocytosis
 - d. Increase in the number of blood corpuscles.
 - e. Absorption of increased inflammatory exudate, change in the weight of the person, obese or emaciated.
- VIII. Massage to local areas: Massage to abdomen, Massage to heart, Massage to head, Massage to back, Massage to arms, Massage to legs, Massage to Face and Neck.

- IX. Different types of Massage (Basic Principle, Procedure)
- a) Thai massage
 - b) Balanese massage
 - c) Hot stone massage
 - d) Dry Brush Massage
 - e) Deep tissue massage
 - f) Powder Massage
- X. Massaging in local areas under special circumstances -
1. Massage to Abdomen
 - i. Massage to liver
 - ii. Massage to Stomach
 2. Massage to heart
 3. Massage to head
 4. Massage to spine
 5. Special types of Massage in different diseases
- XI. Shiatsu in Manipulative Therapy.
- XII. Massage to Women
- XIII. Massage to Infants and children
- XIV. Geriatric Massage.
- XV. Massage for prevention of diseases and maintenance of natural beauty
- XVI. **Ayurvedic Massage**-Terminology, Methods and Manipulations, Panchkarma in Brief.
- XVII. **Chiropractic**: Origin, Aims of Chiropractic, X-Ray Technique and Chiropractic, Importance of spine in Chiropractic, Physiological effects of Chiropractic, Spinal Manipulative Therapy Chiropractic Examination, Chiropractic treatments in various Diseases.
- XVIII. **Osteopathy**: Definition, Basic principles of osteopathy, Relation of osteopathy to Musculo-skeletal system.
- XIX. **Aromatherapy**:-
Definitions, Origin and History of Aroma therapy.
Essential Oils and Its types, extraction of essential oils, distillation, cold pressing or expression, sloven extraction, storage, recognition, selection and mechanism of essential oils.
Carrier oils - Almond, Apricot, Avocado, carrot, corn, primrose, grapeseed hazelnut, Jojoba, Olive, Peanut, safflower, sesame, Soya bean & sunflower oil.
Different methods of using essential oils- inhalation, diffusers, vaporizers, massage, baths, foot bath, pot pourii, compresses, oral intake, beauty treatment, room sprays, insect repellents etc.
Description of different essentials oils & their benefits.

The best essential oils - The five fragrance categories - green, floral, citrus, Woody & Spicy and mixing of Aroma Oils & Equipment required for Mixing Oils.

Aroma Oils for common problems and their therapeutic properties.

Precautions, ill effects and careful handling of essential oils

Contraindications- Oils to be avoided in particular problems

MPMSU-BNYS SYLLABUS

PRACTICALS

1. 35 demonstration classes
2. 10 demonstrations in Panchakarma
3. Each student should do 35 massages

Text Books:-

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| 1. Massage Books | - By George Downing |
| 2. Massage | - By Constant Young |
| 3. Massage Therapy | - By Dr. J.H. Kellog |
| 4. The Complete Book of Massage | - By Clare Maxwell Hudson |
| 5. Step by Step Massage | - By Carole Me. Gilvery and Gini Reed |
| 6. The Book of Massage | - By Luinda Lidell with Sarathomas, Carola Berb Ford Cooke and Anthony Porta |
| 7. The Complete step-by-step guide to eastern and western Massage to Common Ailments | - By Penny Rich |
| 8. Baby Massage - The Magic of Loving Touch | - By Auckett, Anelia D |
| 9. Natural Healing from Head to Toe | - By Aihara, comellia
- Aihara, Herman |
| 10. Massage Works | - By D. Baloti Lawrence and Lewis Harrison |
| 11. Manual of osteopathy Practice | - By Alan Stoddard |
| 12. Alternative Chiroprathy Practice | - By Susan Moore |
| 13. Massage (Ayurvedic) | - By Achanta Laxmipathy |

Reference Books :-

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|--|--------------------------------------|
| 1. The Panchakarama Treatment of Ayurveda | - By T.L. Devraj |
| 2. Chirotherapy : A-Text of Joint Movements | - By Hesse P.De. |
| 3. Massage Therapy: the Holistic Way to Physical and Mental Health | - By Juckson Richard |
| 4. Book of Massage and Aromatherapy (Achieving complete relaxation & well being with massage and essential oils) | - By Facroix Nity and seager, Shoron |
| 5. Brain Massage, Revitalize mind body | - By Howell, Kelly. |
| 6. All you wanted to know about Aromatherapy | - By Lalita Sharma |
| 7. Aromatherapy | - By Julie Sadler |
| 8. Health and Beauty through Aromatherapy | - By Blossom Kochhar |
| 9. Ayurveda & Aromatherapy | - By Dr. Light Miller |

ACUPUNCTURE

Theory

1. Definition, concepts of Acupuncture.
2. Traditional and modern theories of Acupuncture.
3. Materials and Methods of Acupuncture.
4. Principles of Acupuncture.
5. Rules for election of Acupuncture points.
6. Contraindication and complications of Acupuncture.
7. The concept of Meridians:-
 - a) Lung Meridian (Lu)
 - b) Large intestine Meridian (LI)
 - c) Spleen Meridian (SP)
 - d) Stomach Meridian (ST)
 - e) Heart Meridian (H)
 - f) Small intestine Meridian (SI)
 - g) Urinary bladder Meridian (UB)
 - h) Kidney Meridian (K)
 - i) Triple warmer Meridian (TW)
 - j) Gall bladder Meridian (GB)
 - k) Liver Meridian (Liv)
 - l) Governing vessel Meridian (GV)
 - m) Conceptional vessel Meridian (C.V)
 - n) Eight extra Meridians
8. The extra-ordinary points.
9. Diagnose methods (both- Acupuncture and Modern)
10. Auriculo Therapy
11. Moxibustion
12. Stimulation in Acupuncture.
13. Acupuncture Therapeutics
14. Acupuncture Anaesthesia
15. Reflexology & Zone Therapy:-
 - What is Reflexology, History and Development.
 - How do reflexology work Body & its reflex zones.
 - Applications, indication and contra-indication, Preventive effects of reflexology.
16. Acupressure:-
 - What is Acupressure, Its origin & development
 - Physiological effects of Acupressure
 - Therapeutic uses of Acupressure

17. Acupuncture/pressure in acute disorder
18. Scalp Needling
19. Electro Acupuncture

PRACTICALS

1. Demonstration of Needling techniques and Electro-stimulation, Moxibustion.
2. Each Student should give treatments of at least 20 patients during the practicals.

REFERENCE BOOKS-

- | | | |
|---|---|------------------------|
| 1. Clinical Practice of Acupuncture | - | By A.L Agrawal. |
| 2. Clinical Acupuncture | - | By Dr. Anton Jayasurya |
| 3. Principles and practice of Acupuncture | - | By Dr. J. Patel K. |
| 4. Health in your hands | - | By Devendra Vora |
| 5. Shiatsu | - | By Ohashi |

MPMSU-BNYS SYLLABUS

YOGA APPLICATIONS

THEORY

1. Patanjali yoga sutras - 1st two chapters.
(i.e., Samadhi Pada & Sadhana Pada, brief summary of Vibhutipada & Kaivalyapada)
2. Hatha Yoga Pradipika- full text with necessary reference to Gheranda Samhita & Siva Samhita, Brief outline of references of Hatha Yoga.
3. Introduction to other streams of Yoga-Kundlini and TantraYoga. Swara Yoga, Kriya Yoga
4. Yoga Nidra-Methods, application, effects and benefits.
5. Meditation-Types of Meditation-Omkar, Cyclic, Vipassana etc. Methods of application. benefits, precaution, its influence on health and disease.
6. Yoga-in relation to personality and education.
7. Yoga-in relation to sports and games, social and political life.
8. Eye exercises- Benefits, methods, precautions.
9. Physiological aspects of Asanas.
10. Physiological, Neuro-Physiological aspects of pranayama.
11. Shat Kriyas- Comparative study of Shat Kriyas with other system of Medicine.
12. Physiological aspects of exercises.
13. Name of Different Institutes & their speciality in the field of Yoga (India & Abroad)

Practicals

- I. Asanas
 - 1) Including all asanas of I year adding some advanced postures from Yoga Deepika.
 - 2) All loosening (Shitilikarana Vyayama) and breathing exercises.
- II. Pranayama (as 1st B.N.Y.S.)
- III. Kriyas- (including Portion of 1st B.N.Y.S.)
 - 1) Neti
 - 2) Kunjal
 - 3) Dhouti- Vastra
 - 4) Nauli- (all three types).
 - 5) Shankha Prakshalana- 1. Laghu. 2. Maha
- IV. Meditation -
 - 1) Omkara
 - 2) Cyclic
 - 3) Vipassana
- V. Different Relaxation Techniques:-
 - 1) Instant Relaxation Technique (IRT)
 - 2) Quick Relaxation Technique (QRT)
 - 3) Deep Relaxation Technique (DRT)
- VI. Advanced Techniques : -
 - a. Self-Management of Excessive Tension (SMET).
 - b. Pranic Energisation Technique (PET).

- c. Mind Sound Resonance Technique (MSRT).
- d. Yoga Nidra (Short and long session).

Books Recommended :-

1. The Science of Yoga - By Taimini (commentary on patanjali Yoga Sutras).
2. Hatha Pradipika - By (Kaivalyadhama Publication- Lonavla).
3. Yoga Nidra - By (Bihar School of yoga, Munger publications).
4. Kundalini Yoga.
5. Tantra Yoga.
6. Asana.
7. Pranayams - By Vivekananda Kendra Publications.
8. Psychology - By Horensce C. Kenipp.
9. Religiousness in Yoga theory & Practice - By TKV Desikachar.
10. Research papers - By Kaivalyadhama.
(Publication in Yoga Mimamsa- all papers relating to physiological effects of Yoga.)
11. Yoga in Education - By Dr. Nagendra (Vivekananda kendra Publication)
12. Vipassana -By S. Goenka.
13. Anatomy & Physiology of Yoga -By Dr.M.M. Gore.
14. An over view on research papers. - By SVYASA, Banglore
15. Patanjali yoga sutra - By Dr P.V. Karmavelkar (Kaivalyadham)
16. Patanjali yog pradeep - By Swami Omanand Teerth (Gita - press, Gorakhpur)
17. Hatha Yoga Pradipika - By Swami Muktibodhananda (Bihar School of - Yoga)
18. Light on Yoga - By B.K.S. Iyenger
19. Light on Pranayama - By B.K.S. Iyenger
20. Light on the Yoga Sutra of Patanjali - By B.K.S. Iyenger
21. Autobiography of a Yogi - Paramhansa Yogananda
22. Yoga as philosophy & religion - S.N. Dasgupta
23. A Complete illustrated book of yoga - Swami Vishnu
24. Encyclopedia of Indian Physical Culture - D.C. Majumdar
25. Preksha Meditation - Acharya Tulsi

FASTING THERAPY

THEORY

1. Introduction:

A. Theory of Fasting

- a) Fasting Animals
- b) Miracles of Fasting
- c) Your Tongue Never Lies

B. History of Fasting

- a) Fasting in Ancient India
- b) History of Fasting in India
- c) History of Fasting in Foreign Countries
- d) Historical Highlights of Fasting

C. Science of Fasting

2. The Philosophy of Fasting

- 1. The Philosophy of Sane Fasting
- 2. Philosophy of Therapeutic Fasting
 - a. Life & its existence in connection with health and diseases
 - b. Nature of disease
 - c. The No-Breakfast Plan
 - d. Objections commonly raised in Fasting Therapy
 - e. Pros and cons of Fasting
 - f. Difference between Fasting and Starvation
 - g. Difference between Hunger and Appetite

3. Physiology of Fasting:-

- a. General Physiology.
- b. Source and Metabolism of Carbohydrates, Fats and Proteins during Fasting & Starvation.
- c. Chemical and Organic changes during Fasting.
- d. Repair of Organs and Tissues during Fasting.
- e. Changes in the Fundamental Functions While Fasting.
- f. The Mind & Special Senses during a Fast.
- g. Secretions and Excretions.
- h. Bowel Action during a Fast.
- i. The Influence of Fasting on Growth and Regeneration.
- j. Gain and Loss of strength While Fasting.
- k. Gain and Loss of weight During Fasting.

- l. Autolysis
- m. Fasting and Sex.
- n. Rejuvenescence through Fasting.

4. Facts Explained About Fasting:-

- 1) Fasting Does Not Induce Deficiency "Disease".
- 2) Death In The Fast.
- 3) Objections To The Fast.
- 4) The Quantity of Food Necessary to Sustain Life.

5. Practice of Fasting:-

- a. Does Fasting Cure Disease?
- b. The Rationale of Fasting.
- c. The Length of The Fast.
- d. Contraindications of Fasting.
- e. Fasting in Special Periods and Conditions of Life.
- f. Symptomatology of The Fast.
- g. Progress & Hygiene of The Fast.
- h. Breaking The Fast.
- i. Gaining Weight After The Fast.
- j. Living After The Fast

6. Rules and regulations of Sane Fasting and Therapeutic Fasting.

7. Definition and Classification of fasting

- 1) Definition of a fast different aspect.
- 2) General classification of a fast (Religious, Political and Therapeutic).
- 3) Methods and types of therapeutic fasting (Dry, whey, Juice, Salad, Mono diet (Kalpa), Fruits, Intermittent, Preventive, Weekly etc.)

8. Hygienic Auxiliaries of Fasting-

- 1) Air and Breathing
- 2) Enema
- 3) Bathing
- 4) Clothing
- 5) Water Drinking
- 6) Exercise
- 7) Mental Influence

9. Study of Patients During and After Fasting -

- 1. Crises during fasting and their management.
- 2. Physiological effects of fasting.
- 3. Biochemical aspects.
- 4. Study of the tongue, the breath, the temperature and pulse etc.
- 5. The loss and the gain of weight.

6. How and when to break the fast.

7. Diet after the fast.

10. Indications and Contraindications of fasting.

11. Therapeutic aspects of Fasting

- a. Fasting in acute diseases.
- b. Fasting in chronic diseases.
- c. Role of fasting in various diseases.
- d. Obesity and fasting.
 - i. Definit and assessment of obesity.
 - ii. Epidemiology
 - iii. Aetiology
 - iv. Clinical Features.
 - v. Treatment.
- e. Fasting for preservation of health and prevention of diseases.
- f. Fasting Drug Addiction.
- g. Fasting Versus Eliminating Diets.

12. Results of Fasting.

Practicals

1. Study of 50 fasting case
2. Case Study of 25 with record

TEXTBOOKS

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|--|------------------------------|
| 1. Fasting for Healthy and Long Life | - By Hereward Carrington |
| 2. The Fasting Cure and Vital Economy | - By Lakshamana Sharma. |
| 3. Fasting can save your life | - By Herbert M. Shelton |
| 4. The Effects of Fasting | - By Donald Upton |
| 5. Fasting way of life | - By Allan coli M. D. |
| 6. Fasting can Renew your life | - By Herbert M. Shelton |
| 7. Scientific Fasting | - By Hazzard, Linda Burfield |
| 8. Fasting for Rejuvenation | - By Seaton, Julia |
| 9. The Science & Fine Art of Natural Hygiene | - By Herbert M. Shelton |
| 10. The Science & Fine Art of Food & Nutrition | - By Ann Wigmore |
| 11. The Hippocrates Diet and Health Programme | |
| 12. The Juicing Book | - By Stephen Blauer |
| 13. Live Food Juices | - By H E. kirschner |

Reference Books-

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| 1. The Philosophy of Fasting | - By Edward Eaul Purinton |
| 2. Vality, Fasting and Nutrition | - By Hereward Carrington |

- 3.The Fasting Cure
 - 4.The Fast-Way of Health
 - 5.Fasting-the Master Remedy
 - 6.Fast for Health
 - 7.The Biology of Human Starvation
 - 8.Fasting Story NO.-1
 - 9.Fasting Story NO.2
 - 10.Rational Fasting
 - 11.Explaining Fasting
 - 12.Hints on Fasting Well
 - 13.The Science and Fine Art of Fasting
 - 14.Miracles of Fasting
 - 15.No.Breakfast Plan
 - 16.Thus Speaketh the Stomach
 - 17.The Physiologically Correct Fast
- By Upton Sinclair
-By Harold R.Brown
- By John Joseph Picker
-By Keys, Ancel
- By Health Research
-By Health Research
-By Prof Arnold. Ehret
-By Forster, Roger
-By Carrington, Hereward etc.
-By Herbert M Shelton
-By Dr Paavo Airola.
-By Edward Hook Dewey
-By Prof Arnold Ehret.
-By Dr Are Waerland.

MPMSU-BNYS SYLLABUS

NATUROPATHY DIAGNOSIS

THEORY

FACIAL DIAGNOSIS

1. Introduction to the science of facial expression.
 - a) Historical highlights.
 - b) Definition and scope of the science of facial expression.
2. Characters of the Healthy Body.
 - a) Normal functions.
 - b) Normal Figure.
3. Foreign matter theory:-
 - a) Definition of foreign matter.
 - b) The process of accumulation of foreign matter in the body.
 - c) Encumbrance.
 - d) Changes caused in the body due to the accumulation of foreign matter.
 - e) General pathology of foreign matter.
4. The nature: origin and cure of diseases of children and their unity.
5. Bad habits supports the accumulation of foreign matter in the body-tobacco, alcoholic drinks, coffee, tea, opium etc. Drug addictions-Pethedine, Heroin, Injection etc. Suppression of diseases viz elimination of morbid and diseased germs from the system.
6. Types of encumbrance-Front encumbrance,-back encumbrance front and right side Encumbrance, left side encumbrance and mixed or whole encumbrance, their description, General characters and possible diseases in the concerned encumbrance and their treatment.
7. Diseases of the internal organs and their treatment.
8. Process of elimination of foreign matter.
 - a)Importance of Nature Cure treatments.
 - b)The digestive process-natural dietetics.
 - c) Artificial outlets of elimination

9. Methods to be followed to increase the vitality of the body.
10. The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.

IRI DIAGNOSIS: -

- A. Introduction of iridology:
 - a) Definition of Iridology,
 - b) Historical highlights.
 - c) Comparison of other systems -Allopathy, Homeopathy, Ayurveda, Unani etc.
Diagnostic methods.
 - d) Anatomy of the Iris.
 - e) Theory in application.
 - f) The theory of healing crisis.
 - g) A unit form division and classification of diseases.
 - h) Philosophical phase.
 - i) Theoretical phase
- B. I. Instructions in Methods of Application:-
 - a) Technique in Iris reading.
 - b) The normal and abnormal Iris, colour of the Iris.
 - c) The Vibratory theory.II. Study of density of the Iris.
III. Key to Iridiology.
 - a) Iris charts brought up to date.
 - b) Zone areas.
 - c) Sectoral Division.
- C. Comparison of fermentation viz inflammation.
- D. Interpretations of Iris manifestations.
 - I.
 - a) Types of inflammation
 - b) Inherent (Lesions and weakness)
 - c) Acidity and Catarrh
 - d) Toxic settlements
 - e) Nerve Rings
 - f) The Lymphatic rosary
 - g) Injuries and operations

- h) The radi-solaris
- i) Tumours
- j) Itch or Psora spots in the iris –the surf rim
- k) The sodium ring
- l) Anaemia in the extremities and in the brain
- m) Drugs and chemicals appearance on the Iris and their poisonous facts in the body. Arsenic, Bismuth, Bromides, Coal tar products, Ergot, Glycerine, Iodine, Iron, Lead, Mercury, Opium, Phosphorous, Quinine, Salicylic acid, Sodium, Strychnine, Sulphur, Turpentine, Vaccines etc.

II. The iris reveals the cause of disease.

E. Case histories according to Iridology.

F. Advance research in Iridology.

- a) Reflex areas and remote symptoms.
- b) Stomach and intestinal disorders, the principle causes, the principle disorders & remedial Measures.

Practicals

- Clinical classes and Demonstrations in the Nature Cure Hospital, Case Studies 25 with Record.
- Demonstration of Equipment.

Recommended Text Books:-

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| 1. Science of Facial Expression | By Louis Kuhne |
| 2. The New Science of Healing | By Louis Kuhne |
| 3. The Science and Practice of Iridology | - By Bernard Jensen |
| 4. Iridiagnosis and other Diagnostic Methods. | By Henry Lindlahr |

REFERENCE BOOKS:-

- 1 Iridology: A Guide to Iris Analysis and Preventive Health Care- By Adam J. Jackson
- 2 Iridology: How to Discover Your Own Pattern of Health and well-being Through the Eye-By Dorothy Hall
- 3 Iridology: A Complete Guide to Diagnosing through the Iris and all related forms of treatment-By Davis and Farida.

- 4 Iridology: Alternative Health Series- By Adam J. Jackson
- 5 Vision of Health: Understanding Iridology- By Jensen, Bernard and Booden, Donald.
- 6 Eyes Talk: Through Iridology Better Health- By Vriend Joha.

MODERN DIAGNOSIS & FIRST AID

THEORY

Section A -Clinical Diagnosis

I. Examination of Patients:-

- 1 Approach to a patient
- 2 History taking and case sheet writing
- 3 Symptomatology
- 4 Examination of Vital Data – pulse rate, respiratory rate, temperature, blood pressure
- 5 Importance of height, weight, abdominal girth(BMI), Category of Obesity
- 6 General physical examination
- 7 Examination of breasts, back, spine and genitals
- 8 Systemic examination of the patient-Inspection, Palpation, Percussion, Auscultation
 - a. Abdomen (Digestive system)
 - b. Cardiovascular System
 - c. Respiratory System
 - d. Renal system
 - e. Central Nervous system
 - f. Locomotor system
 - g. Examination of ear, nose and throat
 - h. Gynecological examination
- 9 Provisional Diagnosis

II. Routine and special Investigations:-

- 1 Laboratory Investigation

- a Urine analysis
- b Stool examination
- c Blood examination
 - i Peripheral smear, Total WBC Count, Differential WBC Count
 - ii Erythrocyte sedimentation rate (E.S.R), Hb Estimation
 - iii) Blood Sugar, Blood Urea, Serum uric acid, Serum cholesterol, Serum lipid profile, Serum creatinine.
2. Radiological Investigation:-
 - a. Plain chest X-Ray
 - b. Kidney, Ureter, Bladder.
 - c. Lumbar and cervical spine
 - d. Skull and paranasal sinuses
 - e. Joints
3. Contrast Radiography :-
 - a)Cholecystography
 - b) Pyelography
 - c)Angiography
 - d) Bronchogram
4. Electrocardiography
5. Echo-Cardiography
6. Coronary angiography
7. Electro-Encephalography
8. Biochemical-investigations
 - a) Liver function test
 - b) Creatinine clearance test
 - c) Vanillo mandelic-acid (VMA) excretion test in urine
 - d) SGOT and SGPT
 - e) LDH
 - f) CPK
9. Diagnostic Paracentesis
10. Diagnostic Thoracocentesis
11. Lumbar Puncture and CSF analysis
12. Radio-active Iodine up-take studies
13. Thyroid T3,T4 estimation
14. Diagnostic skin tests
15. Endoscopic procedures
16. Ultra-sonography
17. Computerized tomographic scan (CT Scan)
18. Magnetic Resonance technique (MRI)
19. Positron Emission Tomography (PET)
20. Doppler Study

III. Final Diagnosis

Section B- FIRST AID

1. General principles of First Aid
2. Wounds Control of hemorrhage, Epistaxis
3. Shock- Classification and treatment
4. Dog bite, Snake bite, Scorpion sting
5. Burns and Scalds
6. Heat exhaustion, heat stroke and fainting, frost bite
7. Fractures, dislocations, sprain and strains
8. Poisoning
9. Epileptic fits, convulsions in children
10. Aspiration of foreign body
11. Artificial respiration
12. Bandages of different types
13. Unconsciousness and general principles of treatment

Section C- Recognition, Evaluation of Clinical Emergencies

I. Cardio Vascular System :-

1. Acute myocardial infarction
2. Cardiogenic Shock
3. Cardiac arrhythmias
4. Cardiac arrest

II. Respiratory System-

1. Hemoptysis
2. Status asthmaticus
3. Spontaneous pneumothorax
4. Acute respiratory failure

III. Gastro Intestinal System :-

1. Acute Vomiting
2. Perforation of Peptic Ulcer
3. Hematemesis
4. Hepatic Precoma and coma

IV. Central Nervous System:-

1. Unconscious patient
2. Cerebrovascular catastrophes
3. Convulsions
4. Status epilepticus

V. Renal System:-

1. Acute renal failure
2. Renal colic

3. Hematuria

VI. Endocrine and Metabolism:-

1. Thyroid crisis
2. Adrenal Crisis
3. Diabetic Keto acidosis and coma
4. Hypoglycemia

VII. Miscellaneous Emergencies-

1. Syncope
2. Acute peripheral circulatory failure
3. Acute reaction
4. Hypothermia

RECOMMENDED TEXT BOOKS

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|---|-------------------------------------|
| 1. Hutchinson's Clinical Methods | -By Chamberlin |
| 2. Clinical Methods | -By P.S. Shanker |
| 3. Manual of Clinical Methods | - By Jai Vakil |
| 4. Clinical Diagnosis | - By P. J. Mehta |
| 5. Modern Diagnosis | -By Red Cross Society |
| 6. Oxford's hand book of Clinical
Medicine | - By St. John Ambulance Association |
| 7. First Aid | -By L. C. Gupta and others |

Practicals

1. History taking and physical examination of cases.
2. Case sheet writing in different general cases (25)
3. Demonstration of equipment and instruments used for investigation in modern diagnostics
4. Demonstration tour of an ultra-modern super-speciality Hospital to see the latest techniques of modern investigations.

PSYCHOLOGY & BASIC PSYCHIATRY

- I. Definition and brief history of Psychology.
- II. Biology of Behaviour: Typical behaviour patterns, Sociobiology, Brain and Behaviour.
- III. Sensory process and Perception.
 1. Vision, Hearing, Smell, Taste, Skin senses.
 2. Perceptual Process - Attention from perception, visual depth perception, Consultancy, Movement perception, Plasticity, individual difference.
- IV. Principles of Learning: Classical conditioning, Instrumental conditioning, cognitive learning etc.
- V. Memory: Theories about memory, Forgetting and Amnesia, Improving your Memory.
- VI. Thinking and Language: The thinking process, concepts, Problems solving, Decision making, Creative thinking, Language Communication.
- VII. Motivation: Theories of motivation, Biological motivation, Social motives, Motives to know and to be effective, Frustration and conflict of motives.
- VIII. Emotion and Stress: Expression and perception of Emotions, physiology of emotion, Stress Theories of Emotion.
- IX. Social Perceptions, Influence and Relationship: Social perception social influence, social relationship.
- X. Attitudes: The Nature of attitudes, the measurement of attitudes, attitude theories, Factor in attitude change, attitudes and behaviour, behaviour & Attitudes.
- XI. Development during infancy and childhood: Methods of studying development, infancy, early childhood and later childhood.

XII. Development during Adolescence, Adulthood and Old age: Adolescence, I Youth, Early and Middle adulthood, Old age.

XIII. Psychological Assessment and Testing: Psychological tests, The Nature of intelligence and assessing intelligence, Individual difference in intelligence, Testing for special aptitudes, Personality Assessment, Behavioural Assessment.

XIV . Personality: Type and Trait theories of personality, Dynamic personality theories, humanistic theories, learning and behavioural theories of personality.

XV . Abnormal Psychology: (Psychiatry)

1. Abnormality in everyday life
2. The language of Abnormality
3. General causes of abnormal Behaviour
4. Classifying Psychological Disorders: Clinical syndromes, Brain Syndrome, Psychoses, Neuroses, and Personality disorders
5. Psychoneuroses
6. Hysteria, Anxiety state and Neurasthenia
7. Other forms of Psychoneuroses (OCD, Phobias etc.)
8. Treatment of Psychoneuroses - Psychotherapy and its procedures, Other therapies.
9. Psychoanalysis and related school.
10. Psychoses
11. Schizophrenia
12. Mania - Depressive Psychoses
13. Involutional Melancholia and Paronia
14. Alcoholic Mental Disorders
15. Toxic and Organic Psychoses
16. Epilepsy
17. Mental Deficiency

18. Antisocial personalities and crime.

XVI. Therapy for Psychological distress:

1. Positive Psychotherapy & other Psychotherapies: Psychoanalysis, Behaviour therapy, Logo therapy, Conversation therapy, Gestalt therapy and Primal therapy, Transactional analysis.
2. Positive Psychotherapy and its practical application for various conditions.

XVII. Co-relation of Psychology, Mental health and Yoga.

BOOKS RECOMMENDED:

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| 1. Introduction to Psychology | - By Clifford T. Morgan
& Richard A. King |
| 2. Abnormal Psychology | - By James D Page |
| 3. Positive Psychotherapy | - By Nossrat Pesseschian |
| 4. Psychologies, Mental Health and Yoga | - By A.S. Dalal |
| 5. General Psychology | - By J.P. Guilford |
| 6. A brief Introduction to Psychology | - By Clifford T. Morgan |

MPMSU-BNYS SYLLABUS