

## **12. MANOVIGYAN AVUM MANASAROGA**

### **PAPER-I Manovyapara Evam Manovigyanam**

**Marks 100**

1. Prachya - arvachya matanusara Mano vigyanasya Bhutavidyayah, Amanusha tatha Grahadinam parichaya, setihasa.
2. Prachya arvachya matanusara Manasah Nirupanam-Concept of Manas from Ayurved and modern perspective.
3. Vividha darshananusara Manasah varnanam.-concept of mind in various philosophies.
4. Manasah Svarupam - Structure of mind, Manasah Sthanam- Location of mind, Manovishayah- Objects of mind, Manogunah (Anutva and Ekatva) -Attributes of mind- Minuteness and oneness, Manasah Ubhayatmakatvam-Duality of Manas, Manasah Dravyatvam Karanatvam cha- mind as a substance and tool,Manasah Karanadravyatvam-mind as causative substance,Manodoshah- (Rajas and Tamas),Manasah Bhoutikatvam- Elemental nature of Manas Introduction to concept of Buddhi and Ahamkara - intellect and ego, Manasah Ahamkarikatvam -origin of mind from ego (samkhya),Manasah Annamayatvam- Relationship between food and mind,Manasah trigunatmakatvam(Sattva,Rajas, Tamas)- mind and the three major attributes,Manasah jadatvam- inertia of mind, Manasah dhatutvam-mind as a component of living being, Manasah Karma- Actions of Manas.
5. Manovyapara Nirupanam.
6. Manovyapare Pranodana sadhaka Bodhakadi Doshanam Sambandhah-Relation of humoral fractions such as Prana, Udana, Sadhaka- Bodhaka in the activity of Manas, Concept of Ojas and Manas
7. Katham prakopayanti ManoDoshah SharirDoshah?- How does manasika Doshas aggravate sharirika Doshas?
8. Indriya panchapanchakam- five factors in relation to the mental faculties.
9. Gyanendriyanam vishayah- the objects of sense faculties.
10. Gyanotpatti prakriyayam Manaso pradhanyam- Importance of Manas in cognitive process.
11. Indriyarthagrahananantaram Manasah vyapara avum gyanotpattou manaso dayitvam - Action of Manas in cognition after reception by respective Indriya.
12. Knowledge of Dirgha Shashkuli nyaya, Alata-chakra nyaya, Vichi-taranga nyaya, Kadamba-mukula nyaya.
13. Shabda - sparsha - rupa - rasa - gandhanam grahakam manah, tasya mahatvam cha - Manas as conductor of sense objects and its importance.
14. Vayuh indriyanam udyojakah tatha Manasah preranam -Vayu as stimulator of indriya and initiator of manas.
15. Vakpravrittou Manasah yogadanam - Role of Manas in production of speech.
16. Pratisharire Manasah bhinnatvam - Concept of individuality of mind.
17. Chikitsya purushah- treatable person (living being).
18. Atma nirupanam- description of Atma, Sukshma sharirsya varnanam- description of subtle body, Atma manasoh sambandhah- relation between Manas and Atma.
19. Antah karana chatusthaya (the four internal faculties).
20. Importance of Dhi, Dhriti and Smriti- importance of intellect, retention power and memory.
21. Role of manas in achieving Tri eshana and Chaturvidha Purushartha/chatur varga- role of manas in attaining the pursuits and four goals of life.
22. Concept of Satyabuddhi, Ritambhara Pragya and Upadha- concept of true and false knowledge.
23. Concept of Punarjanma, Purvajanmakrita karma, Karmaphala.
24. Manovaha Srotasam Parichaya- Introduction of Manovaha srotas(channels of mind)
25. Manovaha, Samgyavaha, Buddhivaha, Chetanavaha, Chetovaha, Vatavaha, Raktavaha adi upayukta Srotasam Manasroge varnanam- Description of Manovaha,

- Sangyavaha, Buddhivaha, Chetanavaha, Vatavaha, Raktavaha srotas etc in relation to Manasroga
26. Shatchakra nirupanam.
  27. Sattvasara purusha- person with mental excellence.
  28. Nidravichara- Concept of sleep, Swapna vichara- Concept of dream, Tandravichara – Concept of drowsiness.
  29. Concept of manasprakriti- mental temperament, Concept of Manasa bhava in Shareerika prakriti.
  30. Manasaroge Manovigyane cha upayukta Paribhashika shabdanam vishleshanam- technical terms used in psychology and psychiatry
  31. Manas roge upayukta Samhitanam satika adhyayanam- study of portions of treatises useful in psychiatry along with their commentary.
  32. Arvachina mano viganasya adhishhana siddhantah, mastishka karmanam sthapanam cha-Fundamentals of modern psychology and functions of brain.
  33. Applied Neuro-anatomy and physiology, Neurotransmitters, Psychoneuro immuno endocrinology
  34. Manasah swabhavika pratirodhah - Defence mechanism of mind.
  35. Shishu manas-shastra, vikasatmaka Manas-shastra – Shishu, Bala, Kumarah, Proudah, Vriddhah cha- Essential elements of psychology, developmental psychology: child, adolescence, adult and aged.
  36. Bhava, Sheela, Buddhi, Smriti, Prerakatva adinam gyanam -Concept of Mood, behaviour, attitude, emotions, intelligence, memory, motivation, perception etc.
  37. Manas Swasthya Evam Manoroganam Paribhasha – Definition of Mental Health and psychiatric disorders.
  38. Manasrogvigyansya mahatvam, phalam, prayojanam, prabhavashcha

**PAPER –II Manovakariki Evam Bhutavidya**

**Marks 100**

1. Manovega, Mano vikarah, ManoDoshah, ManaSharirayoh paraspara anuvaidhayitvam- mutual symbiosis of sharir and manas, Manasah chanchalatvam, Manaso vyadhinam ashrayatvam, Manasrogeshu Doshanam paraspara anubandhah, Manasvyadhi utpattou sharirDoshanam vikarakaritam, Indriyadinam hinamithyatiyogah. Prajnaparadha, Purva janma krita karma tatha Papa karmasya rogkarakatvam, Adharmasya Achararasayana upekshanasya cha rogkarakatvam.

**Bhutavidya** – Definition and scope with applied aspects: Divergent views

1. Types and Characteristic features of Bhuta and Graha, Amanushopasarga Vikara caused by Bhuta and Graha, Aetio-pathogenesis of Bhuta and Graha
2. Relationship of Bhuta with Jwara, Ojakshaya, Manovikara, Arishta Lakshana and Daivabala Pravritta diseases.
3. Grahavesha, affecting time of Graha, their specific features, prodromal features and prognosis.
4. Differential understanding of Balagraha and Grahabadha.
5. Sushrut's concept of invasion of Bhuta/Graha.
6. Manas Rognam Nidan, Sampraptischa
7. Manobuddhyadi Vibhramsha
8. Manas dharaniya vega.
9. Kayika-Vachika-Manasika karma hinamithyati yoga in Manasa roga samprapti.

**Manovikriti –Psychopathology**

1. Bijapradosha and Kulaja bhava in manas roga -Genetics and hereditary factors in Psychiatry.
2. Manas roganam prachya arvachina matanusarena vargikaranam
3. Classification of manas rogas yatha kevalamanas, manas sharir, shariramanasika, agantuja adayah
4. Understanding of Parapsychology and its role in overt psychiatric disorders.
5. Recent ICD and DSM classification

### **Manas Rogi pariksha vidhi- Psychiatric examination**

1. Prachya arvachina matanusarena rogi pariksha visheshena sattva pariksha – Examination of patient according to Ayurvedic and modern methods
2. Trividha Sattva Pariksha
3. Charakokta Anumana Pariksha
4. Manasika avastha Pariksha - Mental Status Examination
5. Vividha pariksha manakah -Different psychiatric assessment inventories like Hamilton's scale, Bech's Depression inventory etc.
6. Manorog chikitsiya manomapaka upakaranani cha - Psychiatric and psychometric tools for diagnosis, Evidence based diagnostic methods.
7. Prayogashaliya pariksha -Investigations– Haematological, biochemical, neuro-physiological, endocrinal, EEG, radio imaging- MRI etc.
8. Manasrognam sadhyasadhyata – Prognosis of psychiatric diseases.
9. Manas Rog Sandharbhe Vidhi Vaidyakasya vistrita gyanam.
10. Forensic psychiatry- Knowledge about legal and ethical issues in psychiatry, Indian lunacy act, mental health act, Norms to setup a well equipped Mental Hospital (OPD, IPD)

### **PAPER – III Manas Roga Chikitsa**

**Marks 100**

Comprehensive knowledge of etiology, demography, underlying psycho pathogenesis, symptomatology, complications, investigations, diagnosis, prognosis and drug-non drug management of following psychiatric disorders as per Ayurvedic-Modern therapeutics with their pharmacodynamics:

1. Unmada (Psychoses)- Nija, Agantuja Unmada, Bhutonmada, Vishaja Unmada, Sutikonmada, Smaronmada, Tattvonmada- Paronoia, Mano dukhaja Unmada -Stress related disorders.
2. Apasmara - -seizure disorders
3. Apatantraka – hysterical convulsions
4. Tandavaroga -Chorea
5. Yoshapasmara - conversion disorders
6. Atatvabhinivesha- Obsessive compulsive disorders
7. Vishada- Depressive illness
8. Gadodvega -Hypochondriasis
9. Mada, Murchha, Sanyasa- sensorial disorders
10. Madatyaya, Panatyaya (Panavibhrama, Paramada, Panajirna) - Substance abuse disorders.
11. Nidra vikara (Sleep disorders) , Klama, Tandra, Glani.
12. Bhrama, Vibhrama - Delusional disorders.
13. Chittodvega - Generalized Anxiety disorders.
14. Smriti vikara (memory disorders)
15. Manasika klaibya, Sushrutokta Napumsakata
16. Manasa Dosha Vikara- Kama, Krodha, Lobha, Moha, Irshya, Bhaya, Mana, Mada, Dambha, Ahamkara, Harsha, Matsarya, Iccha, Dvesha.
17. Mood and affective disorders – major depressive disorders, mania and their possible Ayurveda co-relates.
18. Schizophrenia
19. Personality disorders
20. Behavioural disorders
21. Organic mental disorders
22. Post traumatic stress disorders
23. Psycho sexual disorders
24. Eating disorders
25. Somatoform and dissociative disorders

26. Senile psychiatric disorders - Dementia, Alzhiemer's disease, Parkinsonism, Menopause, Andropause and their possible Ayurveda co-relates.
27. Adhi- Vyadhi Roganam Manasika Prabhava Chikitsa Cha - Psychosomatic disorder-- Bhayaja and Shokaja Atisara, Kamaja and Shokaja Jwara, Tamakashwasa, Prameha, Amlapitta, Parinamashula, Grahani, Uccha Raktachapa(Hypertension), Shula (pain disorders), Twak Vikara.
28. Jirna- Asadhya Sopadrava Vyadhinam Vivechanam - Mental problems in chronic incurable diseases like AIDS, Cancer etc.
29. Mano prakriti vikara - psychopathic personality.
30. Jivana Shaili Tatha mano sammarda janya roga - Life style and stress related disorders.
31. Shishu tatha Kumara Manoroga - Child and adolescent psychiatry.
32. Jadata, Buddhimandya , Adhyayana Akshamata - Mental deficiency, mentally challenged and learning disabilities.
33. Achara vaikalya - Conduct disorders
34. Manobhava vikara - Emotional disorders
35. Cerebral palsy, infantile autism, Attention Deficit Hyperactive disorders, Tourette's disorder with their possible Ayurveda co-relates.
36. Preventive aspects in Manas Roga - Achara Rasayana, Sadvritta, Shodhana, Rasayana and Vajikarana
37. Manas Roganam Samanya Vishesa Chikitsa Siddhantanam Varnanam,- Daiva Vyapashraya, Yukti Vyapashraya, Sattvavajaya, Adravyabhuta Chikitsa Upayah.
38. Sattvavajaya Chikitsa: Its application and techniques viz. Dhi, Dhairya, Atma Jnana, Kula Jnana, Kala Jnana, Desha Jnana, Bala Jnana, Samadhi, Santwana, Ashwasana, Ayurveda Psycho shock therapy viz. Trasana, Bhayadarshana, Adbhuta Darshana, Vismarana, Vismapana and Pratidvandwi Bhava with their scientific basis.
39. Role of Rasayana, Medhya Rasayana, Achara Rasayana and Vajikarana in Manasa Roga
40. Pathyapathya in Manasa Roga.
41. Manas Rogopayogi Vividha Aushadheenam Vivechanam: Ekamulika (Single drug), Panchavidha Kashaya Kalpana, Rasa Rasayana etc.
42. Brihatrayee, Yogaratnakara, Sharngadhara, Gadanigraha, Bhavaprakasha, Sahasrayoga ukta vividha yoganam vivechanam:Brahmi, Mandukaparni, Vacha, Jatamansi, Yashtimadhu, Shankhapushpi, Kushmanda, Ashwagandha, Kushtha, Tagara, Guduchi, Jyotishmati, Srikhandadichurna,Saraswatachurna etc. Swarna, Swarnamakshika Bhasma, Rajata, Pravala, Mukta, Manahshila, Krishna Chaturmukha Rasa, Krishnachaturbhuj Rasa, Brihatvatachintamani Rasa,Vata kulantaka Rasa, Manasmitra vataka, Smritisagar Rasa, Unmada gajakesari Rasa, Apatantrakari vati,Kumarakalyana Rasa etc. Kalyanaka ghrita, Brahmi ghrita, Mahapanchagavya ghrita, Mahapaishachika ghrita, Mahabhutarava ghrita, Kushmanda ghrita, Purana ghrita, Panchagavya ghrita etc.
43. Saraswatarishta, Ashwagandharishta, Chittachandirasava etc.
44. Himasagara taila, Tungadrumadi taila, Gandharaja taila, Brahmi taila, Sidharthaka agada etc.
45. Dhupa, Nasya, Lepa, Anjana yogas useful in Manas Roga.
46. Folk Medicine in Manasa Roga.
47. Mano Bshesaja viganam - Essentials of Psycho pharmacology, Knowledge of Biological and Pharmacological Therapies in the Management of Various Psychiatric diseases such as hypnotics, sedatives, anxiolytics, mood stabiliser/elevators, antidepressants, antipsychotics, anticonvulsants, Electro-convulsive therapy(ECT) and its applied aspects.

**Panchakarma**

1. Importance of Panchakarma and other allied procedures in the management of Manasa Roga.
2. Theoretical knowledge and application of the following karmas in Manasa Roga – Snehana, Svedana, Vamana, Virechana, Basti, Nasya, Raktamokshana, Mastishkya-Shiro-Basti, Shiro-Dhara, Shiro-Pichu, Shiro-Abhyanga, Murdhni taila, Anjana, Dhupa, Dhupana etc.

**Yoga**

1. Manovigyana sandharbhe yogasya vaishishtyam, Yogashastrasya upayogita mahatvam cha.
2. Yogasya darshanika svarupagyanasahitam tasya astanganam samichinam Gyanam.
3. Ayurveda drishtya yoga adhyayanasya upayogita, Ayurveda shastre pratipaditah yogasya siddhantah.
4. Satvavajaye gyana-bhakti-karma yoganam manasa roge vivechanam-Hatha yogascha.
5. Role of Shatkarma - Kapalabhati, Trataka etc. in Manasa Roga.
6. Naishthiki chikitsa in Manasa Roga.
7. Therapeutic potential of Yoga, Psycho biological effects of Yoga, Spiritual therapy and Yoga.
8. Sudarshana kriya , Transcendental meditation, Yoga nidra, Vipashyana and other allied yogic techniques in Manasa Roga chikitsa.
9. Manas and prana (bio-energy), pranic healing, means of bio-energy modulation in Manasa Roga.

**Other allied therapeutic procedures:**

1. Various methods of psychotherapy and counselling techniques, transactional analysis, behavioural therapy, psycho analysis.
2. Swapna Samvahana chikitsa -Hypnotherapy-Past life Regression and Age Regression Therapy in Manasa Roga.
3. Knowledge of psychiatric emergency and their management.
4. Knowledge of surgical intervention in Manasa Roga
5. Recent advances and updates in concepts, drugs and therapeutic procedures in Manasa Roga.

**Content of the Practicals**

S.No.	Topic	No. of Cases
1.	Hypnotherapy techniques	10
2.	Case Study- Unmada	20
	Apasmara	20
	Atatvabhinivesh	10
	Chittodvega	25
	Vishada	25
	Madatyaya	10
	Psycho Sexual disorders	25
	Psychogenic headache	20
	Nidra vikara	20
	Stress related disorders	25
3.	Examination of Manasika Bhava in psychosomatic illness	25
4.	Yogasana, Pranayama and Meditation Techniques	25
5.	Panchakarma Procedures in Manasa Roga	25
6.	Anjana, Dhoopanadi Karma	25

7.	Instruments (GSR biofeedback, EST, EEG, etc.)	25
8.	Counselling on the pattern of Sattvavajaya	25
9.	Psychometric scales (Ayurveda and conventional)	30

Visit to Mental Hospitals

**Pattern of Practical Examination**

**- 100 Marks**

1.	Practical Record Book	- 10 Marks
2.	Bed side examination	
a.	Short Case	- 10 Marks
b.	Long Case	- 25 Marks
3.	Assessment of Scales and inventories (Ayurveda and Conventional)	- 10 Marks
4.	Thesis Presentation(PPT)	- 25 Marks
5.	Viva-voce	- 20 Marks

**Reference Books-**

1.	Related matter of Charak, Sushrut and Vagbhata and other ancient texts with commentaries	
2.	Prachin Manovikara Vigyanm	- Ayodhya Prasad Achal
3.	Ayurvediya Padarth Vigyan	- Ranjit Rai Deshai
4.	Ayurved Darshan	- Acharya Rajkumar Jain
5.	Purusha Vichaya	- Prof. V.J. Thakkar
6.	Ayurvediya Manas Vigyan	- Prof. Ram Harsh Singh
7.	Yoga evum Ayurved	- Acharya Rajkumar Jain
8.	Basic principles of Ayurvediya Padartha Vigyan	- Dr Yogesh Chandra Mishra
9.	Synopsis of Psychiatry	- Harold kaplon and Benjamin saddock
10.	Oxford textbook of Psychiatry	- Michael Gerlder, Paul Harrison
11.	General psychology and Abnormal psychology	- S.K. Mangal
12.	A text book of Post Graduate Psychiatry	- Neeraj Ahuja
13.	Mind in Ayurveda and other Indian Traditions	- A.R.V.Murthy
14.	Psychopathology in Indian medicine	- Satyapal Gupta
15.	Body- Mind-Spirit Integrative Medicine	- Prof. Ram Harsh Singh
16.	Rationale of Ayurveda Psychiatry	- Dr. A.R.V. Murthy
17.	Foundations of contemporary Yoga and Yoga Therapy-	Prof. Ram Harsh Singh
18.	Stress and its Management	- Dr. K.N. Udupa
19.	Concept of Mind	- Edited by Prof. C.R. Agnivesh, Kottakkal
20.	Kayachikitsa	- Part 3 by R. R. Pathak and Vidhyadhar Shukla
21.	Panchakarma Illustrated	- Prof. Shrinivasa Acharya
22.	Unified Dimensions of Ayurvedic Medicine	- Dr. J.S. Tripathi
23.	Essential Psychiatry	- Bhatia MS
24.	Sahassrayoga	- Nishteswar and Vaidyanath
25.	Ayurveda and the Mind	- David Frawley
26.	Manasa Roga Vijnana	- Balakrishna
27.	Comprehensive Textbook of Psychiatry	- Kaplan and Sadock's
28.	Psychiatry for medical students	- Robert J Waldinger
29.	Introductions to Psychology	- Morgan / King.

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