

13. RASAYANA&VAJIKARANA

PAPER – 1 CONCEPT & PRACTICE OF RASAYANA

Marks: 100

1. Basic fundamentals and concepts of Rasayana

- Derivation, definition and synonyms of Rasayana
 - Classification of Rasayana
 - Understanding rasayana in perspective of:
 - Nutriceutical action
 - Immunomodulation
 - Oxygen free radicals & Antioxidant activity
 - Adaptogenesis
 - Cell proliferative activity
 - Cell regenerative activity
 - Genoprotective activity
 - Micronutrients
 - Anabolic activity
 - Interpretation of different types of Rasayana
 - Prakruti-Guna/character wise Rasayana
 - Sara wise rasayana
 - Dhatu specific rasayana
 - Indriyanusararasayana like netryya, hridya, tvacchya etc.
 - Srotas wise rasayana
 - Occupation wise rasayana
 - Season wise rasayana
 - Molecular biology concerned to rasayana
 - Human genome project
 - Genetics and Gene therapy
 - Stem cell theories
 - Introduction to Bioinformatics
 - Concept of Bala, types of bala, vriddhikshayahetu.
 - Knowledge of measures to improve bala
 - Concept of ojas. Types of ojas. Ojo-vriddhi-kshaya-karabhava.
 - Ojodustiprakara, hetu, samprapti and their management
 - Immunology
 - Immune system & components
 - Knowledge of immune mechanisms
 - Immune disorders
 - Rasayana as immunomodulator
 - Rasayana – immune specific/immunoglobulin specific
 - Rasayana in Immune compromised disease like, HIV/AIDS, tuberculosis, Cancer, liver cirrhosis etc.
2. Concept of jara (geriatrics) and ageing (gerontology)
 3. Concept of svabhavabalapravrittavyadhi with special reference to Jara its classification (kalaja&akalaja), etiopathogenesis and management
 4. Organ wise, system wise Common geriatric disorders and their management
 5. Yogya, ayogya, vidhi and prayojana of:
 - Kutipravesnikarasayana
 - Dronipravesnikarasayana
 - Karapratichiyarasayana

- Indraproktarasayana
 - Vaatatapikarasayana
6. Concept & practice of Achararasayana
 7. Knowledge & application of svasthavritta measures
 8. Swasthyanuvartakarasayana
 9. Rasayana as nutrient supplement
 10. Panchakarma and its role in rasayana
 11. Application of Kamyarasayanato achieve - Smriti, Medha, Bala, Prabha, Varna, Svara
 12. Knowledge of Vayasthaapana/Ayushyarasayana
 13. Naimittikarasayana – Vyadhiharaandvyadhiapunarbhavarasayana

PAPER – 2 CONCEPTS OF APATYA&SUSANTAANA

Marks: 100

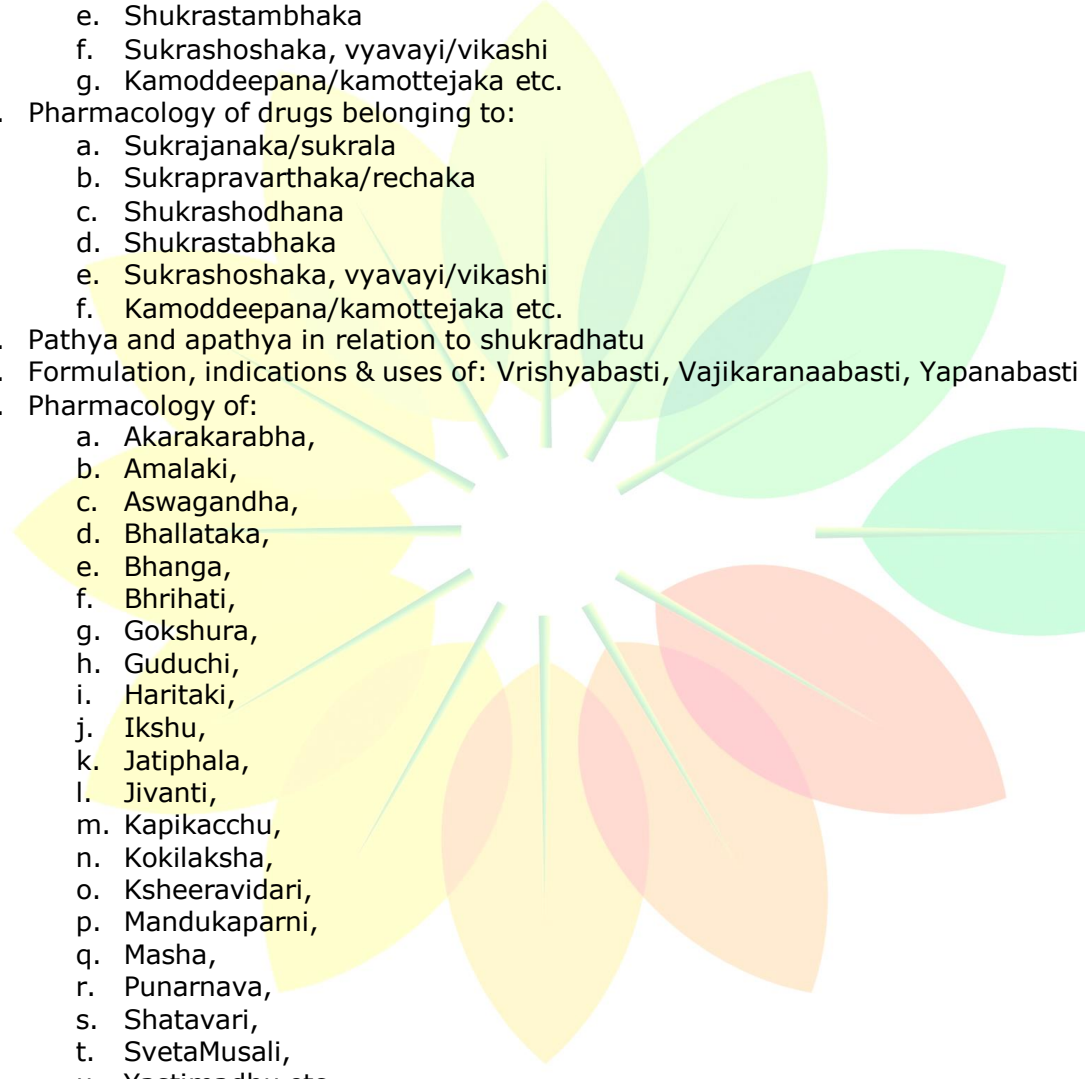
1. Etymology, derivation, definition, synonyms of vandhya, vandhyaa, apatyā, santaankara, susantaana
2. Importance of fertility
3. Essentials of fertility
4. Knowledge of Garbhasambhavasamagri
5. Knowledge of Garbhaadanaparicharya
6. Knowledge of Garbhotpatti
7. Knowledge of Shukravridhhi, kshayahetu, lakshana and chikitsa
8. Knowledge of Shukrapradoshajavyadhi and its management
9. Knowledge of Shukradustihetu, prakara, lakshana, diagnosis and management
10. Knowledge of Retodustiprakara, hetu, lakshana and chikitsa
11. Knowledge of Sukravahasrotodustikarana, lakshana, diagnosis and management
12. Knowledge of Disorders of spermatogenesis (etio-pathogenesis, diagnosis and management)
 - a. Oligozoospermia, asthenozoospermia, teratozoospermia, azoospermia, aspermia, pyospermia, necrozoospermia, OAT syndrome, sertoli cell only syndrome, klinefelters syndrome, kallaman's syndrome. Dal-castele's syndrome etc.
13. Obstructive azoosprmia-diagnosis, medical management and knowledge of surgical procedures
14. Retrograde ejaculation and other ejaculatory disturbances in respect to fertility – knowledge, diagnosis and management.
15. Reproductive endocrinal disorders and management
16. Immunological infertility – knowledge of various components involved in immunological infertility, mechanism, diagnosis and management
17. Sperm function tests, semen and cervical mucus interaction, post coital test
18. Knowledge of karyotyping and interpretation
19. Knowledge of chromosomal, genetic disorders pertaining to fertility and management
20. Knowledge and practice of Genetic counseling
21. Knowledge of Normal and abnormal sexual differentiation
22. Applied aspects of panchakarmain rasayana and vajikarana
23. Applied aspects of uttarbasti
24. Knowledge of Susantaana (epigenetics): preconceptional measures
25. Knowledge and technique of Pumsavanakarma for healthy progeny
26. Introduction to MART (Medically Assisted Reproductive Technologies): IUI, IVF-ET, ICSI, cloning etc.
27. Testicular biopsy – indications, surgical procedure, interpretation of HPE results
28. Knowledge of cystoscopy – diagnostic, interventional
29. Scrotal scan & Doppler
30. Knowledge of Varicocele: diagnosis, medical and surgical management
31. Knowledge of disorders of accessory sex glands and their management

PAPER – 3 CONCEPTS AND PRACTICE OF VAJIKARANA**Marks: 100**

1. Etymology, derivation, definition, scope and understanding of word vajikarana and its application in present scenario
2. Physiology of sexual act including mechanism of erection, ejaculation and orgasm
3. Knowledge of hypothalamo-pituitary-testicular axis
4. Knowledge of Psycho-neuro-endocrino-vasculogenic mechanism of sexual activity
5. Knowledge of Haemodynamics and different stages of erection
6. Psychological aspects of sexual function
7. Sukrottejakabhava. Factors influencing sexual function
8. Knowledge of Sukrasrutikarabhava
9. Knowledge of erogenous zones and lunar relationship
10. Maithunavidhi –asthangamaithuan, rules and regulations to have intercourse as per ritu, kala, gotra, kula etc.
11. Concept of Brahmacharya & its application in the present context
12. Sexual ethics
13. Myths & misconcepts regarding sex & sexuality
14. Sex education & counseling including pre- marital counseling
15. Knowledge of contraception and contraceptives
16. Knowledge of sukragatavata/sukrasthavatasukravritavata,
17. Klaibya – definition, nidana, prakara, samprapti, and chikitsa
18. Male Sexual dysfunctions (etio-pathogenesis, diagnosis & management)
 - a. Disorders of sexual desire (increased libido, decreased libido, no desire etc.)
 - b. Erectile dysfunction (psychological, endocrinological, neurological & vasculogenic)
 - c. Ejaculatory disturbances (early, delayed, anejaculation, retrograde ejaculation)
 - d. Orgasmic disorders (anorgasmia)
19. Female sexual disorders, causes, diagnosis and management
20. Knowledge of various sexual postures and advantages
21. Napumsaka, shanda, trinaputrika, vaarta, hermaphroditism – definition, classification, samprapti, clinical manifestation, diagnosis and management
22. Knowledge of paraphilia, abnormal sexual behavior, perversions and management
23. Knowledge of diagnostic aids pertaining to sexual disorders
 - a. ICIVAD (Intra Cavernal Injection of Vaso Active Drugs)
 - b. Vacuum erection devices
 - c. Penile vibrators
 - d. Rigi scan NPT (Nocturnal Penile Tumescence)/snap gauge test
 - e. Penile biothesiometer
 - f. Penile Doppler
24. Knowledge of Dhat syndrome, night emissions
25. Mutrasukra, shukrashmari, sukrameha
26. Aharsha & apraharshabhava
27. Knowledge of Sexual performance assessment scales: MSP, GRISS, GRIMS, HARDS, Libido score, IIEF-5 scoring system for ED, Androgen deficiency score
28. Knowledge of Priapism and its management
29. Knowledge of theories of andropause and management

PAPER – IV PHARMACO-THERAPEUTICS OF RASAYANA & VAJIKARANA**Marks: 100**

1. Definition, derivation, etymology, synonyms of vajikara, vrishya
2. Pharmacology and pharmacodynamics of rasayana and vajikarana drugs
3. Definition, scope and understanding of
 - a. Rasayana
 - i. Vyadhibalavirodhi

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- ii. Vyadyutpadakapratibandhak
iii. Vayasthapan
- b. Sukrajanaka/sukrala
c. Sukrapravarthaka/rechaka
d. Shukrashodhana
e. Shukrastambhaka
f. Sukrashoshaka, vyavayi/vikashi
g. Kamoddeepana/kamottejaka etc.
4. Pharmacology of drugs belonging to:
a. Sukrajanaka/sukrala
b. Sukrapravarthaka/rechaka
c. Shukrashodhana
d. Shukrastabhaka
e. Sukrashoshaka, vyavayi/vikashi
f. Kamoddeepana/kamottejaka etc.
5. Pathya and apathya in relation to shukradhatu
6. Formulation, indications & uses of: Vrishyabasti, Vajikaranaabasti, Yapanabasti
7. Pharmacology of:
a. Akarakarabha,
b. Amalaki,
c. Aswagandha,
d. Bhallataka,
e. Bhangra,
f. Bhrihati,
g. Gokshura,
h. Guduchi,
i. Haritaki,
j. Ikshu,
k. Jatiphala,
l. Jivanti,
m. Kapikacchu,
n. Kokilaksha,
o. Ksheeravidari,
p. Mandukaparni,
q. Masha,
r. Punarnava,
s. Shatavari,
t. Svetamusalii,
u. Yastimadhu etc.
v. Indraproktharasayanaa
8. Pharmacology of following Rasaushadhis:
a. Abhraka,
b. KukkutandaTvakBhasma,
c. Naga,
d. Rajata,
e. Shilajit,
f. Svarna,
g. Svarnamakshika,
h. Vanga,
i. Yashada etc.
9. Ingredients, properties, indications and phalasaruti of:
• Agasthyarasayanaa,
• Ajamamsarasayanaa
• Akarakarabhadviti,
• Amrita PrashaGritha,
• AswagandhaGritha,

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- AvalgujaRasayanaa
- BalaswagandhaTaila,
- Bhallathakarasayana,
- Brahmarasayana,
- Brihatcchagalladyagritha
- Chandraprabhavati,
- Chyavanaprasha,
- GokshuradiGuggulu,
- HaritakyadiRasayana,
- JatiphaladiVati,
- Kaminividravana Rasa,
- KhadiraRasayana,
- KushmandaRasayanaa
- Lasunarasayana,
- MahamashaTaila,
- Makaradhwaaja,
- NagabalaRasayana,
- NarasimhaRasayanaa,
- PippaliVardhamanaRasayanaa,
- Pippalirasayana,
- PurnachadrodayaMakaradhwaaja,
- ShatavariGrita,
- Shilajathurasayana,
- Siddha Makaradhwaaja,
- SrigopalaTaila,
- VanariGutika
- Vasantakusumakara,
- VeeryastambhaVati,
- VidangaRasayana,
- VidaryadiGritha,
- VrishyaGritha

10. Pharmacology & Pharmacodynamics of various vajikara, vrishya and rasayanabasties
11. Neuro-psycho pharmacology of rasayana, vajikarn drugs
12. Endocrinological aspects of rasayana,vajikarana drugs
13. Recent advances in rasayana and vajikarana drugs, formulations and therapeutic techniques

PRACTICALS

1. Assessment of Prakriti
2. Assessment of saara
3. Assessment of manasaprakriti
4. History taking & clinical examination of geriatric patients
5. Examination of male genito-urinary system
6. Semen analysis- Retopariksha
7. Post coital test, semen & cervical mucus interaction test
8. Technique of ICIVAD
9. Uttarbasti
10. Technique of psychosexual counseling
11. Applicatory knowledge of assessment scales pertaining to vajikaranaa/sexual functions
12. Technique of genetic counseling
13. Practical aspects of Panchakarma pertaining to rasayana&vajikarana
14. Technique of measuring penile BP
