

કુલ પ્રશ્નો:૩૦૦	પ્રાથમિક કસોટીનો અભ્યાસક્રમ	કુલ ગુણ -૩૦૦
	Part-I	
માધ્યમ: ગુજરાતી/અંગ્રજી	સામાન્ય અભ્યાસ	ગુણ -૧૦૦
૧	ભારતની ભૂગોળ- ભૌગોલિક, આર્થિક, સામાજિક, કુદરતી સંસાધન અને વસ્તી અંગેની બાબતો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૨	ભારતનો સાંસ્કૃતિક વારસો- સાહિત્ય, કલા, ધર્મ અને સ્થાપત્યો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૩	ભારતનો ઇતિહાસ - ગુજરાતના ખાસ સંદર્ભ સાથે	
૪	ભારતની અર્થવ્યવસ્થા અને આયોજન	
૫	<p><u>ભારતીય રાજનીતિ અને ભારતનું બંધારણ:</u></p> <p>(૧) આમુખ</p> <p>(૨) મૂળભૂત અધિકારો અને ફરજો</p> <p>(૩) રાજ્યનીતિના માર્ગદર્શક સિદ્ધાંતો</p> <p>(૪) સંસદની રચના</p> <p>(૫) રાષ્ટ્રપતિની સત્તા</p> <p>(૬) રાજ્યપાલની સત્તા</p> <p>(૭) ન્યાયતંત્ર</p> <p>(૮) અનુસૂચિત જાતિ, અનુસૂચિત જનજાતિ અને સમાજના પછાત વર્ગો માટેની જોગવાઈઓ</p> <p>(૯) એટર્ની જનરલ</p> <p>(૧૦) નીતિ આયોગ</p> <p>(૧૧) પંચાયતી રાજ</p> <p>(૧૨) નાણા પંચ</p> <p>(૧૩) બંધારણીય તથા વૈધનિક સંસ્થાઓ- ભારતનું ચૂંટણી પંચ, સંઘ લોક સેવા આયોગ, રાજ્ય લોક સેવા આયોગ, કોમ્પ્ટ્રોલર એન્ડ ઓડિટર જનરલ; કેન્દ્રીય સતર્કતા આયોગ, લોકપાલ તથા લોકાયુક્ત અને કેન્દ્રીય માહિતી આયોગ</p>	
૬	સામાન્ય બૌદ્ધિક ક્ષમતા કસોટી	
૭	સામાન્ય વિજ્ઞાન, પર્યાવરણ અને ઈન્ફર્મેશન એન્ડ કોમ્યુનિકેશન ટેકનોલોજી	
૮	ખેલ જગત સહિત રોજબરોજના પ્રાદેશિક, રાષ્ટ્રીય અને આંતરરાષ્ટ્રીય મહત્વના બનાવો	

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Total Questions:300    Syllabus of Preliminary Test    Total Marks-300	
<b>Part-I</b>	
Medium: Gujarati /English    General Study    Marks- 100	
1	Geography of India- Physical, Economic, Social, Natural Resources and population related topics- with special reference to Gujarat
2	Cultural heritage of India- Literature, Art, Religion and Architecture- with special reference to Gujarat
3	History of India with special reference to Gujarat
4	Indian Economy and Planning
5	<u>Indian Polity and the Constitution of India:</u> (1) Preamble (2) Fundamental Rights and Fundamental Duties (3) Directive Principles of State Policy (4) Composition of Parliament (5) Powers of the President of India (6) Powers of Governor (7) Judiciary (8) Provisions for Scheduled Castes, Scheduled Tribes and backward classes of the society (9) Attorney General (10) NITI Aayog (11) Panchayati Raj Institutions (12) Finance Commission (13) Constitutional and Statutory Bodies: Election Commission of India, Union Public Service Commission, State Public Service Commission, Comptroller and Auditor General; Central Vigilance Commission, Lokpal and Lokayukta, Central Information Commission
6	General Mental Ability
7	General Science, Environment and Information & Communication Technology
8	Daily events of Regional, National and International Importance including Sports

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## **Part-II Syllabus Of Concerned Subject**

### **(Kayachikitsa)**

**Medium: English**

**Questions:200**

**Marks : 200**

1. Derivation of the terms 'Kaya', 'Chikitsa' and their definitions and synonyms. Definition of 'Kayachikitsa, Definition of 'Bheshaja'. Types and detailed description of Bheshaja and Chikitsa, Knowledge about Chikitsa Chatushpada, Rogi Roga Pariksha Siddhantha, Astasthana Pariksha. Importance of Kriya Kaala according to stages of Dosha and their management.
2. Understanding of fundamental concepts of Kayachikitsa like Vriddhi and Kshaya of Dosha, Dushya, Mala with Amshaamsha Kalpana. Srotodushti, Khavaigunya, Agni, Ama (Saama and Nirama Dosha, Dhatu & Mala). Aavarana, Rogamarga, Ashayapakarsha, Dosha Gati, Kriyakala. Aushadha Sevana Kala, Anupana, PathyaApathya and their scientific relevance during health and disease.
3. Introduction of the basic principles of Modern medicine, Homeopathy, Unani, Siddha, Tibetan Medicine, Yoga and Naturopathy and their relevance in light of the basic principles of Ayurvedic medicine.
  - Emergency medicine: Acute Severe Asthma, pulmonary oedema, myocardial infarction, cerebrovascular accidents, water and electrolyte imbalance, haemorrhage, syncope, seizure, coma, hyperpyrexia, hypertensive encephalopathy.
  - Knowledge of conducting various medical procedures like infusions, tapping, lumbar puncture, Ryle's tube insertion, catheterization, tractions, water seal drainage, Cardio Pulmonary Ressucitation.

- Basic knowledge of underlying principles of ECG, TMT, echo cardiography, vascular doppler studies, EEG, EMG, XRay, USG, CT scan, MRI, PET and their interpretation.
- Knowledge of all important Ayurvedic formulations and preparations used in treatment : Churna, Kashaya, AsavasArista, Vati, GuggulaKalpana, Rasaushadhi, Taila, Ghrita, Lehya etc.

#### **4. Fundamentals of Kayachikitsa**

- Rogi-Roga Pariksha: Nidan Panchak, Trividha pariksha, Ashtavidhapariksha, Dashvidhapariksha in the light of recent advances. Clinical methods-Detailed history taking and patient examination, Systemic examination as per ayurveda and recent advances.
- Detailed Knowledge of Principles of Chikitsa in Ayurveda. Types of Chikitsa. Principles and practices of Rasayana and Vajikarna.
- National Health Programmes and prospective role of Ayurveda services and therapeutics in them.
- Medical ethics, Common laws and regulations applicable to clinical practice.
- Elaborate knowledge of undertaking common medical procedures like Ryle's tube feeding, tapping, transfusions, catheterization, tractions.
- Ayurveda Dietetics: importance of Pathya, Apathya and Anupana.
- Drug-drug interactions and adverse drug reactions, Iatrogenic disorders.
- Derivation, definition and synonyms of Rasayana, importance of Rasayana and its benefits. Indications of Rasayana therapy. Classification of Rasayana. Kutipravesika and Vatatapika Rasayana. Indications of Vatatapika Rasayana. Knowledge of Kayakalpa, Achara Rasayana. Procedures of Kutipravesika, Poorvakarma and specific schedules to be followed after Kutipravesha, benefits of Kutipravesika Rasayana, duration of process, Rasayana yoga and directions for their use.

Determination of dose of Rasayana according to age. Rules and regulation after Rasayana therapy, Importance of Immunomodulators and antioxidants in Rasayana therapy. 10. Vajikarana- Derivation, definition, synonyms, necessity, benefits, importance of fertility, Symptoms of Shûkra (Semen), Vajikaran Dravya and Aushadhi. Properties, doses, methods of administration, ingredients and methods of formation of Rasayana & Vajikarana formulation. Classification and importance of Vajikarana Dravya.

## **5. Samanya Roga Chikitsa**

Nidana/ Chikitsa including Nidana Parivarjana, Pathya, Apathaya, Chikitsa siddhanta, Shamana, Shodhana, Panchakarma, Rasayana and Atyayika Chikitsa (Anupana, Drug/Non-drug) as per Ayurvedic and conventional therapeutics of all Srotogata vyadhi of Pranavahasrotas, Annavahasrotas, Udakavahasrotas, Rasavaha srotas, Raktavaha Srotas, Mamsa-Medovahasrotas, Asthi-Majjha vahasrotas, Shukravahasrotas, Mutravahasrotas, Purishvaha srotas etc. Chikitsa Sutra and Management of all Srotogata vyadhi.

## **6. Vishishta Roga Chikitsa**

- Comprehensive knowledge of etiology, demography, pathogenesis, symptomatology, complications, investigations, diagnosis and drug/non-drug management of following diseases as per Ayurveda/ Conventional therapeutics: Vata-Vyadhi, Musculoskeletal disorders, Sankramakroga, Common psychiatric disorders, Metabolic disorders, Endocrinal disorders, Parasitic/Infective/Communicable disorders, Common neoplastic disorders, Autoimmune diseases etc.
- Manasa vyadhi; Unmada, Apasmara, Atatvavinivesha, Mada, Moorcha, Sanyasa. Introduction, Definition and Management of Kama, Krodha, Lobha, Moha, Mada, Matsarya, Shoka, Bhaya, Vishada, Dainya, Harsha and Pragyaparadha. Manas and

Manovahasrotas, Nidana and Chikitsa of the following disorders - Unmada-Apasmara-Atattvabhinivesha, Chittodvega, Vishada, Anxiety disorders, Depression, Somatoform and Mood disorders, Stress induced disorders, Psychosexual Disorders. Importance of Daivavyapashraya, Sattwavajaya, Adravyabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Bhuta Vidya diagnosis and management of graha disorders.

- Common poisonings and their management like Insecticide/Pesticide poisoning, Snake poisoning, Vegetable and chemical poisoning.
- Janapadodhvamsa Vikara. Environmental diseases and their management.

## **7. Advances in Kayachikitsa**

- Critical care medicine, Management of medical emergencies, ICU services, Field medical services, Hospital management strategies, Infrastructure, use of IT technology, essential manpower, equipment, Patient care, management and coordination with contemporary health institutions and field institutions.
- National Health Campaigns of AYUSH and components under NRHM.
- Clinical Research in Kayachikitsa and its application in clinical medicine as per new evidence base in different systemic disorders.
- New emerging health challenges and ayurvedic medicines: Chickangunya, HIV/AIDs, Swineflu, Chickenflu, Dengue, Restless leg syndrome, Sick building syndrome, Fibromyalgia.
- Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders.
- Indications and importance of Organ transplantation, Ethical and legal issues involved.

- Knowledge of Geriatric care and terminal care medicine.
- Basic knowledge of Gene therapy, Stem cell therapy, Genetic modeling and chromosomal disorders in different disease conditions. Radio-isotopes, disease and tumor markers in diagnosis and assessment of therapy.
- Application of advances in Rasayana and Vajikarana therapies and emerging trends in Panchakarma in medical management. Physical medication and rehabilitation.

**8. Research Methodology:** Brief historical background of research in Ayurved and contemporary medical science. Research in Ayurved - Scope, need, importance, utility. Types of Research, Research design: observational and interventional, descriptive and analytical, preclinical and clinical, qualitative and quantitative. Research process, Research tools. The concept and importance of ethics in research, Ethical aspects related to human and animal experimentation. Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions. Classical Methods of Research. Comparison between methods of research in Ayurveda (Pratigya, Hetu, Udaharana, Upanaya, Nigaman) and contemporary methods in health sciences. Concept of Evidence Based Medicine and Scientific Writing, Importance of IT in data mining and important research data portals concerned with Ayurved and contemporary medical science (DHARA, PubMed, AYUSH Research Portal, Bioinformatics Center, Research Management Informatic System etc.), Medical-Statistics.

**9. Current Trends and Recent Advancements in Ayurveda.**