

# Syllabus

BACHELOR OF UNANI MEDICINE AND  
SURGERY (BUMS)

3<sup>rd</sup> Professional

(2016-17 Academic year onwards)



### **3.1 COMMUNICATIONSKILLS**

**Theory- One paper– 100 marks**  
**Total teaching hours: 100 hours**

**1. Interpersonalcommunicationskills:**

Direct, face-to-face communication that occurs between two persons.  
Dialogue or a conversation between two or more people.

**2. Focused Interactions:**

This primarily results from an actual encounter between two persons. This implies that the two persons involved are completely aware of the communication happening between them.

**3. Unfocused interactions:**

This occurs when one simply observes or listens to persons with whom one is not conversing. This usually occurs at stations and bus stops, as well as on the street, at restaurants, etc.

**4. Non verbal communicationskills:**

Aspects of body language, gestures, facial expressions, eye contact, etc.  
Recognizing emotions and being sensitive to other's feelings and emotions  
Written and typed modes of communications.

**5. Computer aided communication:**

Computer-aided instruction (CAI)  
Use of computer to develop communications skills  
Computer modeling and computer tutors  
Operating Systems  
Internet Surfing and Searching Skills

**6. Report writing and presentation:**

Effective writing  
Delivering an effective presentation  
Seminar-lectures /group discussions, sharing of ideas, role-plays exercises

**7. Acquisition of Medical Information:**

Text-book, Reference Book, Research Papers, Review Papers, Drug Indexes,  
Electronic Media: Types, Reliability

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### 3.2 ILMULSAIDLA (Unani Pharmacy)

Theory-Two Papers-200 Marks-(100 mark each)  
Teaching Hours-140 hours

PAPER I

100 Marks

#### THEORY

1. **Saidla ki tareef**, darjbandi, ahmiyat aur tareekhipashmanzar  
(Definition of Pharmacy, its classification, short history and chronological development of pharmacy.)
2. **Hindustani Qarabadi ke Khusoosihawalase Unani Tibbi**, Quomi Qarabadi ka ta'aruf.  
(Introduction to Unani Pharmacopoeias (Qarabadi), National Formulary with special reference to the Indian Pharmacopoeia).
3. **Awzan-e-Advia** : jadeed wa qadeem auzan wapaimane  
(Introduction of ancient and contemporary system of Auzan-e-Advia {Unit of measurement}).
4. **Mufrad wa murakkab dawao** ke husool, Zakheera andozi, tahaffuz aur tanzeem  
36mraz36 ke usool wa qwaneen, naiz aml tajfeef, iski aksam, aalat tajfeef, A'amar e Advia.  
(Brief introduction about collection, storage of simple and compound drugs, preservation and management for pharmacy stores. Drying: (Different types of Dryer), shelf life of Unani drugs.)
5. **Aamale Dawasazi, istalahat wa askale Advia ka ijmal bayan:**  
(Brief description and application of technical terminologies and different Unani dosage forms)  
Taqtee, Daq wa Raz, Bard, Tahmees, Tadheen, Tashwia, Tarveeq, Tajfeef, Tajveef, Tabalwur, Tabkheer, Tarseeb, Tarsheeh, Tasyeed, Ihraq, Taklees, Taqsheer, Dhannab, Tahbeeb, Tasweel, Tabakh, Irgha. Tadbeere Advia, Joshanda, Kheshanda aur zulal.
6. **Safoof (Powder):**
  - Mukhtalif chhalniyo ke tawassut se **safoof ki darzbandi** (Size Reduction Standards of sieves, powder gradation.)
  - **Tahbib (Granules)** : tareeka e tahbib (Methods of granulation)
  - Darjazail Advia ki **safoofsazi** (Powdering of the following drugs): Aarad Kurma, Ushuq, Muqil, Afiyoon, Rasaut, Mastagi, Abresham, Magziat, Zafran, Hajariyat, Sadaf, Marwareed, Sange Jarahat.

7. Ba'az dawao ki **tareeka tayyari k makhsoosaamal:**  
(Preparatory Methods of certain drugs)
  - **Amle tarweeq** (specific separation technique) : Barge mako sabz, Barge kasni sabz
  - **Amle Tasfia** (Clarification/purification) : Salajeet, Shahad, Kharateen
  - **Amle Tasyeed** (Sublimation) : Sannulfar, Gandhak, Kafoor
  - **Amle Iqla** (Preparation of Levigation/salt): Chirchita, Mooli, Jau
8. **UnanidawaokitarkeebtayyarimeinGMPka Ta'rufwaintebaq**  
(Brief description of Good Manufacturing Practices (GMP) in the manufacturing of Unani Drugs)
9. **Drug wa Cosmetic Act** kata'aruf  
(Introduction to Drugs & cosmetics Act.)
10. **Akras wa Haboob** (Tablets & Pills making process):  
ta'reef, mukhtalif aksam wa khusiyat, tareeka tayyari k aamal makhsoosa, mukhtalif rabtajat, inki khamiya, nakayis mukhtalif dyes, gilaf qurs wa hab.  
(Definition, Different kinds of tablets and their application, Process involved in the production of tablets;, Tablets excipients, Defects in tablets. Different dyes, Tablet coating)
11. **Usaara**(Extraction):  
tareeka e ta'aseer, rub, sat  
(Various methods of Extraction).
12. **Tatheer** aur iskiaksam  
(Sterilization – Concept, types & Significance in relation to Unani Drugs.)
13. **Amal-e-T'areeq** or iskeriwayati wajadeed tarike  
(Distillation: conventional and modern methods)
14. **Darjzailashkhase Adviakiaksam, tarteebeajzawatarkeebtayyari**  
(Types, formulation, manufacturing procedures of):
  - Marham (Ointments)
  - creams
  - pastes
  - gels
15. **Advia ki baham aamejish wa yaksaniyat** – safoof, sayyal, neem jamid dawai ajza ki bahamaamezish  
(Mixing and Homogenisation of Liquid, powders and semisolid ingredients)
16. **Tasfia** or iske mukhtalifzara'e  
(Filtration- Theory of filtration, different filter media)
17. Ba'az makhsoos **Advia ke asli or mayari hone ki shinakhat** or inki khususiyat k jaanchne ketareeke

(Methods for identification, determination of quality and purity of certain drugs): musk, amber, zafran, Shahad, roghan badam, Roghan Zaitoon, Roghan Kalonji, marwareed.

**18. Mukhtalif murakkabat me istemal hone wale qiwam ki tarkeeb, tayyari or rivayati or jadeed tariko se iskatajzia**

(Preparation of qiwam for compound drugs and its assessment with the help of refractometer, Sacchrometer)

Murakkabat me mushtamil muwajiza ajza'e shakriya, launiya wa atria

(Permissible sweetening, colouring & Flavouring agents)

Darjazail qiwami 38mraz ki tarkeeb, tayyari (Preparation of the following qiwami drugs):

Sharbat, Lauq, Khameera, Majoon, Jawarish, Itrifal, Laboob, Murabbe, Gulqand, sikanjbeen.

**19. Roghanaurtilabnanekemukhtaliftareekeaurtayyari**

(Different methods of preparation of oils and tila):

**20. Darjazail AdviakitadbeerwaislaheAdviakemukhtaliftareeke**

(Methods of tadbeer wa Islah, Detoxification Process/Corrective measures of the following drugs) :

Ajwain, Zeera, Afyoon, Anzaroot, Aelwa, Bahroza, Bhang, Biladur, Habbus Salateen, Azaraqi, Post38mrazmurgh, Turbud, Chaksu, Haleela, Gariquoon, Saqmoon, Khubsul Hadeed, Gandhak, Sammul faar, Sang Basri, Surma.

**21. Aml'e Ithraq wa Taklees ke rivayati wa jadeedtareeke**

(Methods of incineration, 38mraz38e38ng3838 with conventional and modern method)

- Filizzat, Hajariyat, Zavilarwah
- Boota, Gile hikmat, Kaproti, (Use of 'Put' and its types)
- Darjazail Kushto'nkehawaleseKhamKushto'nkishinakht (Identification of Kushta Kham of the following with referenceto the following Kushta):  
Kusht-e-Tila, Kusht-e-Nuqra, Kusht-e-Faulad, Kusht-e-Tamba, Kusht-e-Qalayee, Kusht-e-Seesa, Kusht-e- Shingraf, Kusht-e-Sammul Faar.
- Darjazail Kushto'nkitarkeebtayyari, istemalaurmiqdarekhuraq (Methods of preparation, mode of administration and doses of the following kushta):  
Kusht-e-SammulFaar, Kusht-e-Post38mrazmurgh, Kusht-e-Sadaf, Kusht-e-Marjan, Kusht-e-Abrak, Kusht-e-Faulad, Kusht-e-Qalayee, Kusht-e-Hajrulyahood, Kusht-e-Khabtul Hadeed, Kusht-e-Musalas.

**22. Darjazail Advia ki NauiateTarkeeb**

(Composition of the following drugs):

Dare chikna, Safeda Kashghari, Raskapoor, Kajli

**23. Ba'az makhsos Aghzia wa Masnua'at aarish ki tarkeebtayyari**

(Brief Introduction and preparation method of Dawa-e-Ghizai {Nutraceuticals} and Cosmeceuticals) :

Maul jubn, Maul asl, Maul laham, Maul buzoor, Maul boquool, Maul fawakeh, Maul Shayer, Ghaziyah (Face powder), Ghaliyah, Kajal, Ubtan (Face packs).

24. **Aml'e Takhmeer** kata'aruf  
(Introduction to Fermentation):  
Preparation of Sirka, Nabeez, Dar Bahra etc.
25. **Aalati dawasazi** ka ta'ruf or tareeka eistemal  
(Brief description of Pharmaceutical equipments and their application)



(ADVIA MURAKKABAH)

**THEORY**

- I. Tarkeebe Advia ki agraz wamakasid  
(Aims and objectives of compounding of the drugs)
- II. Tibbi Unani ki mayari aur quomi qarabadeen me mazkor darjazail ashkale Advia k aijmali bayan  
(General description on the following Drugs mentioned in the standard pharmacopoeia and the National Formulary of Unani Medicine)  
Arq, Sharbat, Sikanjabeen, Laooq, Majoon, Khameera, Anooashdaru, Jawarish, Barshasha, Itrifal, Luboob, Murabba, Gulqand, Tiryaaq, Mufarrehat, Safoof, Qurs, Sheyaf, Qairooti, Kohl, Marham, Kushta.
- III. Darjazail murakkabat ke ajza' emakhsosa, afa'lwakhawas, mehlistemal aur tarkeebe tayyari  
(Main constituents, Therapeutic uses, actions, dosage and preparation of following compound formulations):
  1. **Arqiyaat:** Arqe Musaffi, Arqe Baranjasif, Arqe Gaozaban, Arqe Badiyaan, Maul Laham, Arqe Mako, Arqe Kasni.
  2. **Sikanjabeen:** Sikanjabeene sada, Sikanjabeene Bazoori, Sikanjabeene Na'nayi, Sikanjabeene Lemooni.
  3. **Sharbat:** Sharbate Faulad, Sharbate Eijaz, Sharbate Aalu Balu, Sharbate Anjbaar, Sharbate Bazoori, Sharbate Deenar, Sharbate Vard.
  4. **Laooq:** Laooqe Sapistan, Laooqe Katan, Laooqe Khayar Shambar, Laooqe Khash'khash, Laooqe Nazli, Laooqe Badam.
  5. **Khameera:** Khameera Abresham sada, Khameera Abresham Hakim Arshadwala, Khamira Abresham Sheerae Unnab wala, Khameera Abresham Ood Mastagi wala, Khameera Gaozaban sada, Khameera Gaozaban Ambari Jawahar wala, Khameera Gaozaban Ambari Jadwar od Saleeb Wala, Khameera Khash'khash, Khameera Banafsha, Khameera Marwareed, Khameera Sandal.
  6. **Majoon:** Majoon Aarade Khurma, Majoon Falasfa, Majoon Fanjnoonsh, Majoon baladur, Majoon dabid ul wurd, Majoon Azaraqi, Majoon superipaak, Majoon sarkhas, Majoon Salab, Majoon Naja'
  7. **Jawarish:** Jawarish Jalinoos, Jawarish Kamooni, Jawarish Mastagi, Jawarish Podina, Jawarish Bisbasa, Jawarish Shahi, Jawarish Anarain, Jawarish Amla, Jawarish Tabasheer.

8. **ItrifaI:** Itrifal Ustukhudoos, Itrifal Kishnizi, Itrifal Muqil, Itrifal Zamani, Itrifal Deedan, ItrifalMulyan.
  9. **Luboob:** LuboobSagheer.
  10. **Tiryaaq:**TiryaaqeArba,TiryaaqePechish,TiryaaqeMeda,TiryaaqeNazla.
  11. **Mufarrehaat:**MufarrehSheikhurRayees,MufarrehBarid,MufarrehYakut-e-Moatadil
  12. **Sofoof:** Sofoof Moalif, Sofoof Chutki, Sofoof Mulayyin, Sofoof Muqliyasa,Sofoof Bars, Sofoof Muhazzil, Sofoof Namak Sulaimani, SofoofTeen.
  13. **Sanoon:** Sanoon MujalliDandan
  14. **HuBoob:**HabbeShifa,HabbeIyarij,IyarijFaiqra,HabbeKabidNaushadri,HabbeJadwar, Habbe Papita, Habbe Asgand, Habbe Tinkaar, Habbe Muqil, Banadiqul Buzoor, Habbe Suranjan, Habbe Rasaut, Habbe Raal, Habbe Hilteet, Habbe Azaraqi, Habbe Mumsik, HabbeSimaq.
  15. **Barshasha**
  16. **Dayaqooza,** Dawaul Kurkum, DawaulMisk
  17. **ZaroorKath**
  18. **Rubb:** Rubbe Anaar, Rubbe Seb,Rubbussoos
  19. **Roghan:** Roghan Aamla, Roghan Badam, Roghan Baizae Murgh, Roghan Bed Anjeer, Roghan Qust, Roghan Malkangani, Roghan Kaddu, Roghan Samaat Kusha, Roghan Haft Barg.
  20. **Qurs:** Qurs Tabasheer, Qurs Kafoori, Qurs Mosallas, Qurs Mulayyin, Qurs Dawaul Shifa, Qurs Maltibasant.
  21. **Shiyaf:** ShiyafeAbyaz
  22. **Qairooti:** Qairooti AaradeKar'sana.
  23. **Kohl:** KohluJawahar
  24. **Marham:**MarhamZangaar,MarhamDakhiliyoon,MarhamKafoori,MarhamRaal
  25. **Zimad:** Zimad Jalinoos, ZimadMuhalil
  26. **Tila:** TilaeSurkh
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**PRACTICAL**

**100Marks**

**Teaching hours-100**

**JUZE AMALI (PRACTICALS)**

**I. IlmulSaidla**

Unani dawasazi se muta'aliq darjazail tareeko ki aqli Mashik  
(Practicalknowledgeoftheprocesses/operationsrelatedtotheUnaniPharmacyasincludedin  
syllabus ofpharmacy).

1. Ba'az hijaryat aur dhato'n ki KushtaSazi  
(Preparartion of some Kushtajaat)
2. Aqliyattajurbagah, AmleTas'eed, Amletareeq, Amletasfia, Amletarsheeh, Amleta'seer,  
AmaleTasfiawatadbeer-e-advia, Tarweeq, Tasfia, haleebwaMazeejLaboratorymethods  
Extraction, Sublimation, Distillation, Filtration, Percolation  
Tarweeq, Tasfia, haleeb wa Mazeej etc.
3. Akras wa Habub ki tayyari ke aa'malemakhsosa  
(Preparation of tablets and pills)
4. Marhamaurcreamkitarkeebetayyari  
(Preparation of ointment orcream)
5. Roghaniyatwatilakitareeketayyari  
(Preparationofsomeoilsandtila):
  - Roghan-e-kalunji
  - Roghan-e-baiza-e-murg
  - Roghan-e-haftbarg
6. Ba'az aghzia ki tarkeebe tayyari  
(Preparartionofsomeneutraceuticals)
7. Maintenanceofpracticalrecordbookwithsuitablefiguresandrecordofexperiment.
8. VisittoUnanidawakhana(Pharmaceuticalindustry)to studythemanufacturingofdrugsat  
largescale.
9. Rivayati wa jadeed aa'lat dawasazi ka ta'ruf wa tareeka eistemal  
(IdentificationandusesofconventionalaswellasmodernPharmaceuticalequipmentsand  
apparatus.)

**II. AdviaMurakkabah**

1. PreparationofatleasteachdosageformsmentionedinthoSyllabus.
  2. Preparation of recordbook.
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### **3.3 TIBBEOANOONIWAILMULSAMOOM (Medical Jurisprudence & Toxicology)**

**Theory- One paper– 100 marks  
Total teaching hours: 100 hours**

#### **THEORY**

##### **1. Introduction**

Definition of Medical Jurisprudence and Forensic Medicine. Courts & their powers and proceedings. Sentences authorized by Law. Medical evidences (medical certificates and medico legal reports). Medical code of conduct.

##### **2. Shanakht(Identification)**

Introduction and types. Points of identification: Age, Sex, Race, Religion, Acquired features (occupational marks, tattoo marks, scars & other malformation), Congenital features (facial appearance, finger prints, foot prints, hairs and other malformation and their medico legal importance). Basic knowledge of DNA and its medico legal importance, Naash Brari (exhumation).

##### **3. Maut(Death)**

Definition, stages, modes of death (syncope, asphyxia, coma). Sudden death and its causes. Signs of death: Immediate Sign, (cessation of circulation, respiration and brain functions). Early Signs, (changes in eyes, skin, algor mortis, rigor mortis, postmortem lividity). Late Signs, (putrefaction, saponification & mummification).

##### **4. Marge Tashaddud (Violent death)**

Causes & types. Suicide, homicide and accidental death. Asphyxia and its stages, Death from hanging, strangulation, suffocation, drowning, starvation and their medico legal importance.

##### **5. Jarah wa Zakhm(Wounds)**

Definition, characters and medico legal importance of various types of wounds. Sahaj (abrasion), Razz (bruise), Mumziqah (lacerated wound), Shaqq (incised wound), Wakhziah (punctured wound) and Jarahe Nariya (gunshot wound). Difference between ante mortem and post mortem wounds.

##### **6. Harq (Burns) and Salaq(Scald)**

Definition, classification, stages & difference between ante mortem & post mortem wounds and their medico legal importance.

##### **7. Ananat (Impotence), Uqr(Sterility)**

Definition causes and medico legal importance.

##### **8. Dosheezgi(Virginity)**

Definition, signs and medico legal importance.

##### **9. Sexual offences**

Types of natural and unnatural sexual offences. Examination of Fa'el (active agent) and Maf'ool (passive agent) after Zinabil-Jabr (rape) & lawat (sodomy). Examination of blood & semen spots.

##### **10. Hamal (Pregnancy) & Isqaate Hamal(Abortion)**

Medico legal importance of pregnancy. Definition, types and signs of abortion. MTP (India) Act 1971 & 1975, Qatle Janeen (foeticide), Qatle Atfal (infanticide)

## ILMUS SAMOOM (TOXICOLOGY)

Definition of Ilmus Samoom (toxicology) and Samm (poison). Classification of poisons. Route of administration of poisons. Action of poison. Modifying factors of the action of poisons. Diagnosis. General principles of treatment in poisoning (removal of unabsorbed poison, use of Tiryaaq (antidote), elimination of absorbed poisons, symptomatic treatment and maintenance of general condition of patient).

Characteristic poisoning symptoms, Mohalik Miqdar (fatal dose), Muddate Halakat (fatal period), Tiryaaq (antidotes), Treatment, Zawahir Tashreeh Baadul Maut (postmortem appearance) & Tibbe Qanooni Nazaryiah (medico legal aspect) of the following poisons.

### A. Samoome Akkaal (Corrosive poisons)

**Haamiz (Acids):-** Hamiz Kibriyati (Sulphuric acid), Hamize Malhi (hydrochloric acid), Hamize Shora (nitric acid), Hamize Khal (acetic acid), Hamize Qatran (carbolic acid), Oxalic acid & Hydrocyanic acid.

**Qalviyat (Alkalis):-** Nutrun Qalvi (caustic Soda), Qalmi Qalvi (caustic Potash), Choona (calcium oxide).

### B. Samoom Laziat (Irritant Poisons)

- I. **Samoom-Ma'dani (Metallic Poisons) and their Toxic compounds:** Sammul Far (arsenic), Seemaab (mercury), Sisa (lead), Surma (antimony).
- II. **Ghair Dhatee (Non metallic):** chlorine, iodine, Nooreen (phosphorus)
- III. **Samoome Nabaati (vegetable poisons):** Baladur (semicarpus anacardium), Madaar (calotropis), Habbus Salateen (croton seed), Shahme Hanzal (colocynth), Ghoonghchi (abrus precatorius).
- IV. **Samoome Haiwani (Animal poisons):-** Signs & symptoms & treatment of Ladghul Hayya (snake bite poisoning), Aqrab (scorpion bite), Telni Makkhi (cantharide).

### C. Samoome Asbi (Neurotic poisons)

Dimaghi (cerebral):- opium, alcohol, chloroform, kerosene oil, cocaine, thorn apple, Bhang (cannabis indica), Yabroojus sanam (belladonna), Azaraaqi (nuxvomica).

**D. Qalbi (cardiac poison):-** Tobacco, Beesh (aconite).

### E. Sammome Tannaffusi:

Carbon monoxide, carbon dioxide.

### F. House hold poisons

Tick-20, 44mraz44e44ng44 balls, DDT powder, aluminum phosphate, pesticide, cosmetics like hair dye, shampoo, lipstick, skin cream, eye lotion and eye shades.

**PRACTICAL**

**100Marks**

**Teaching hours-50**

**JUZE AMALI (PRACTICALS)**

1. Visualization of postmortem.
2. Visualization of following in the museum of Tibbe Qanooni & Ilmus Samoom.
  - a. Model, charts & instruments.
  - b. Different types of hair for identification.
  - c. Different antidotes & antiseptic.
  - d. Identification of specimens of poisons.
  - e. Demonstration through audio-visual aids.

Students will maintain the record book of all the practical and demonstrations and also prepare charts and models.



**3.4 SAREERiyAT WA USOOLE ILAJ**  
**(BedSideClinic&PrinciplesofManagement)**

**Theory- One paper– 100 marks**  
**Total teaching hours: 80 hours**

**THEORY**

1. **Ta’ruf, Sareeriyat ki gharz wa ghayat** (Introduction, Aim and Objectives)
2. **Roodade Mareez** (Historytaking)
3. **Imtehan Mareeze umoomi** (General examination of the patient)
4. **Istifsaratwaimtehanenizami**(Interrogationandsystemicexaminationofthepatient):
  - a) Nizam-e- Hazm (DigestiveSystem)
  - b) Nizam-e- Tanaffus (RespiratorySystem)
  - c) Nizam-e- Qalb wa Urooq (CardiovascularSystem)
  - d) Nizam-e- Baul wa Tanasul (Urinary & ReproductiveSystem)
  - e) Nizam-e- izam wa Mafasil (MusculoskeletalSystem)
  - f) Imtehan-e- Jild (Examination ofSkin)
  - g) Nizam-e- Asbi (NervousSystem)
  - h) Nafsiyaat(Psychiatry)
  - i) Moaina-e –Atfaal (Examination ofChildren)
  - j) Behosh Mareez ka Moaina (Examination of unconsciousPatients)
  - k) Imtehan-e-Chashm,UznwaAnf(ExaminationofEye,EarandNose)
  - l) Imtehan-e- amraze damviya (Examination of haemopoiticssystem)
  - m) Amraz ki zahiri alamat (External manifestation ofdisease)
5. **Nabz(Pulse)**

Nabz ki Ta’reef, Dekhne ke tareeqe aur sharai’t, Nabz par umoomi tabsira, Ajnase nabz aur unka ijmalibayan, Nabzemufradke aqsaammaita’raeefat, Nabzemu rakkabkia qsaammai Ta’reefat, Asbab-e- nabz, Asbab-e- masika ke ahkam wa aasar, Mukhtalif mizajon ki nabz, Aourton, Bachchon aur Haamla Aourton ki nabz, Nabz e auram, Nabze auja, Nabz ke ahkam, Awarize Nafsania ke lihaz se. (Definition, method & precautions to be observed in the examination of the pulse, Types and definition of Simple and Compound pulse, ,factors involving in the formation of pulse, guidelines regarding the essential factors for the existenceofthepulse,pulseinvarious temperaments,pulseinfemales,children&pregnant women, guidelineforthevariationofpulseinthedifferentpsychicstates)

6. **Baul(Urine)**
  - Imtehan-e- Baul ke sharait (Conditions of urineexamination)
  - Aqsam-e- baul ba eitbare (Types of urine in the respect of followingpoints):
    - Siqle Izafi (SpecificGravity)
    - Laun (Color)

- Qiwaam(Consistency)
- Boo(Odour)
- Jhag (Froth)
- Rusoob(Precipitation)
- Kadoorat(Turbidity)
- Miqdar(Quantity)
- Imtehan-e-Baul barae Tashkhees –e- Amraz (Examination of urine in respect of diagnosis of diseases)

**7. Baraz(Stool)**

- Imtehan-e- Baraz barae Tashkhees–e-Amraz (Examination of stool in respect of diagnosis of diseases)

**8. Alamat wa asbab su-e-mizaj sada wamaddi**

**9. Usoole Ilaaj (Principles of Management)**

- **Amraaz-e- sue Mizaj saada wa maddi ka Usoole Ilaaj:** Tadeel wa tabdeelemizaj
- **Istifraghemadda:** Istifraghkeahkaam, usool washara 'it, aghraaz wamaqasid

**10. Auraam ka Usoole Ilaaj:**

- Auraam-e-harrah
- Auraam-e-barida
- Auram-e-hadda
- Auram-e-muzminah
- Auram-e-sulba
- Auram-e-reehi
- **Musakkinat**:-Dardeumoomi wamaqmi aur munawwimat, (**Analgesics**: general, local and hypnotics)

**11. Usoole Ilaaj mein Mundarja Zail Umoor ke Ahkaam:**

Mausam ki shiddat mein qawi ilaaj, qawi Ilaaj mein e'aanut, Ilaaj me Tadreej, Tabdeele Aab wa Hawa, Tabdeele Waza, Tash'khees na hone ki surat mein Ilaaj, Ilaaj mein kash'makash. (Guidelines for the following factors in the principles of management: Potent treatment in extreme climate, assistance in potent treatment, grades in managements, change of climate, change of posture, treatment of undiagnosed diseases, dilemma in treatment)

**12. Usoole Ilaaj Nizami:**

- Amraz-e- qalb wa dauranekhoon
- Amraz-e-tanaffus
- Amraz-e- hazm, kavid, tihal wamararah
- Amraz-e- kulliya wamasana
- Amraz-e-baah
- Amraz-e-reham

- Amraz-e- aaza' e nafsaniya maslan sarsam, laqwa, falij, suda
- Amraz-e-guddud-e-laqanatiya
- Amraz-e- naqs- -eistehala
- Bezabta tarz- e- zindagi se paida hone waale 48mraz (Lifestyle disorders)

**13. Basic understanding of following investigations:**

- Radio diagnosis including CT scanning and MRI
- **Scopy** (Endoscopy, Laproscopy, Colonoscopy, Sigmoidoscopy etc)
- ECG, ECHO, Angiography and Cardiac catheterization
- Doppler
- FNAC and Biopsy
- Tapping of fluid
- Spirometry and PFT

**PRACTICAL**

**100 Marks**

**Teaching hours-140**

**JUZE AMALI (PRACTICALS)**

1. Khoon ka imtehan (Examination of blood)
2. Qarura ka mufassal imtehan (Complete examination of urine)
3. Baraz ka mukammal imtehan (Complete examination of stool)
4. Balgham ka imtehan (Examination of sputum)
5. Amlimushahdaka maezaroori hakon ke copy parutarna (Recording of experiments along with diagrams in practical record book.)
6. Hayati deed (Biopsy & FNAC)
7. Mamool ke hyatiyati kimyawa e imtehan (Routine bio- chemical tests)
8. Shifakhan mein Sareeriyat kitaleem (provision of clinical teaching in Hospital)
9. Students have to present Record book of minimum 20 cases of patients.

**3.5 ILAJ**  
**BITTADBEER(Regi**  
**menalThearpy)**

**Theory- One paper– 100 marks**  
**Total teaching hours: 80 hours**

**THEORY**

- Ilaj-bit-Tadbeer kata' aruf, tareekh pashmanzar, garz wagayat wa ahmiyat ka umoomi bayan.  
(General Introduction of Ilaj-bit-Tadbeer)
- Asbab-e-sitta zarooiyakigaraz wagayat wa tadbeeriahmiyat kabayan  
(Therapeutic implication of six essential factors and their regimental importance) and  
Tadbeer ki Taqseem (classification of various modes according to Asbab-e-sitta zarooiya)
- Ilaj-bit-Tadbeer ki mandarjazail tadbeer ke usool wa zawabit, sharait, agraz wa maqasid,  
tareeke istemaal wa mawaniyat ka tafseel bayan  
(Detailed description of various regiminal modalities along with their indications and contra  
indications):
  - a) Taleeq (Leeching/leech Therapy)
  - b) Hijamah (Cupping)
  - c) Fasad (Venesection)
  - d) Tareeq (Diaphoresis)
  - e) Hammam (Bath/hammam)
  - f) Takmeed (Fomentation)
  - g) Amale kai (Cauterization)
  - h) Abzan (Sitzbath)
  - i) Qai (Emesis)
  - j) Shamoom (Aroma Therapy)
  - k) Huqna (Enema)
  - l) Natool (Irrigation/Hydration)
  - m) Saoot (Nasal drop)
  - n) Lakhlakha (Inhalation)
  - o) Zimaad wa Tila (Paste/Liniment)
  - p) Pashoya (Footbath)
  - q) Gargara (Gargle)
  - r) Mazmaza (Mouthwash)
  - s) Tadheen (Oil Massage/Knead)
  - t) Ilaam (Counter Irritant)
  - u) Bakhoor wa in Inqebab (Vaporisation/Steam inhalation)
- Istifragh, Munizijo Mus'hil ke usool wa zawabit, sharait, agraz wa maqasid katafseeli  
bayan  
(Details description of Istifragh, Munizijo Mus'hil Therapy)



- **Dalak** ki tareef, garaz wa gayat, ehkam, aksam, zarorat, fawayid, moalijati ahmiyat, dalak meroghaniyatkaistemal, dalakkejadeedarikewajadeedmaloomat (Definition, Aims & Objectives, Recommendations, Types, Therapeutic Application Indications, Oil massage and Recent developments in Massage Therapy)
- **Riyazat** ki tareef, garaz wa gayat, ehkam, aksam, zarorat, fawayid, moalijati ahmiyat aur jadeed tarike wa asrimaloomat (Definition, Aims, Objectives, Recommendations, Types, Therapeutic Indications and Recent Advances in Exercise Therapy)
- **Ilaj fizai** me mushta'e amal manadarjazailfanitareekekaar (Technical Procedures) ki tafseeli maloomat (Details of the following technical Procedures of Physio-therapy) :
  - Takmeed bil mauj taveela (Long Wave Diathermy)
  - Takmeed bil mauj sagherah (Short Wave Diathermy)
  - Takmeed bil Ultra Sound (Ultra Sound Therapy)
  - Takmeed bil Shiga tahtul Ahmar (Infrared Therapy)
  - Riyazat treadmill (Treadmill Exercise)
  - Riyazat katfi da'iri (Shoulder Wheel Exercise)
  - Tahdeed (Traction)
  - Riyazat mufasil'e ka'b (Ankle Exercise)
  - Harkate raqbi gair mufa'ili tassasuli (Knee Continuous Passive movements)
- **Ghiza** 50 mraz'areef, aksam, (ghiza elatif, ghiza ekasif, ghiza eraddiulkamus, ghiza ejaid ul kamus, ghiza e khaam wa ghiza e matbookh, mutawazzin ghiza, ghiza ke Harare, umar, jins wa mausam k lihaj se ghiza ka ta'ayun, nuks taghzia or isse paida hone wale Amraz or inkatadaruk (Diet its types, Balance diet, Diet calories and their method of calculation, Diet indifferent Age, Sex, & Climates, Malnutrition and its remedy):
  - Makhsoos ghizai tanzeem bahalat sehat wa maraz (Special Dietary Management of certain healthy/Diseased conditions)
  - Do'ran e hamal wa rizayat (Pregnancy & Lactation)
  - Munafeulazai (Physiological)
  - Ghizai Atfal, naujawan wa shayukh (Dietary recommendation for children, Adult & Old age)
  - Marazi (Diseased): Samane Mufarat (Obesity), Zaibitis Shakri (Diabetes Mellitus), Diq (Tuberculosis), Qalabi Amraz (Cardio-vascular diseases), Amraze Zauf e Mana'at (Immuno-deficiency diseases), Sartani Amraz (Malignancies), killat e hayate'n wa maddiniyat (deficiencies of Vitamins & Minerals), Kulwi Amraz (Renal diseases), Zigtuddum Qawi (Hypertension), Qabdi Amraz (Hepato-biliary diseases), Farahat ta'adsum fil dum (Hyperlipidemia)
- Manadarjazail **makhsooshalatomein Ilaje Tadbeerik** akhusoosiqirdar (Application of Ilaj-bit-Tadbeer in specific conditions):

- **Taskeen e waja'** (Pain Management)
- **Waja'ul mufasil** (Arthritis—Osteoarthritis, Rheumatoid arthritis)
- **Waja'ul unq** (Cervical spondylosis)
- **Waja'ul zehar** (Lumbago)
- **Laqwa** (Bell's Palsy)
- **Falij** (Paralysis)
- **Saqiqqa** (Migraine)
- **Sehar** (Insomnia)
- **Zigtuddum Qawi** (Hypertension)
- **Do'ali** (Varicose Vein)
- **Do'aul sadaf** (Psoriasis)
- **Irq-ku-nisa** (Sciatica)
- Muscle Sprain, Tenosynovitis, Post Stroke Complications, Fibromyalgia and, Obesity, Chronic Fatigue Syndrome, Frozen Shoulder, Chronic Ulcers, Diabetes mellitus.

**PRACTICAL**

**100 Marks**  
**Teaching hours-140**

**JUZE AMALI (PRACTICALS)**

**Amlilaj Bit Tadbeer haspatal ke OPD wal PDaur shoba ellaj Bit Tadbeer kilab me hogi, khusoosi torpar**

- a) Fasad (Venesection)
- b) Hijamah (Cupping)
- c) Taleeq (Leeching/leech Therapy)
- d) Taqmeed (Formentation)
- e) Hamaam (Bath/hammam)
- f) Tareeq (Diaphoresis)
- g) Abzan (Sitzbath)
- h) Amlilaj Qai (Cauterization)
- i) Natool (Irrigation/Hydration)
- j) Huqna (Enema)
- k) Zimaad wa Tila (Paste/Liniment)
- l) Pashoya (Footbath)
- m) Bakhoor wain Inqebab (Vaporisation/Steam inhalation)
- n) Takmeed e bil mauj sagherah (Short Wave Diathermy)
- o) Takmeed e bil mauj taveela (Long Wave Diathermy)
- p) Takmeed e bil Ultra Sound (Ultra Sound Therapy)
- q) Traction etc.

Tamam Atibba ko practical notebook tayyar kar ke shoba me jama karni hogi.

### **3.6 AMRAZEATFAL (Paediatrics)**

**Theory- One paper– 100 marks  
Total teaching hours: 80 hours**

#### **AMRAZ-E-ATFAL (PAEDIATRICS):**

The course includes systematic instructions in growth and development, nutritional needs of a child, immunization schedules and management of common diseases of infancy and childhood, scope of Social paediatrics and 52mraz52e52ng.

#### **OBJECTIVES:**

The broad goals of the teaching of undergraduate students in paediatrics are to acquire knowledge and appropriate skills for optimally dealing with major health problems of children and to ensure their optimal growth and development.

#### **KNOWLEDGE:**

At the end of the course, the student shall be able to:

- (a) Describe the normal growth and development during foetal life, neonatal period, childhood and adolescence and outline deviations thereof;
- (b) Describe the common paediatrics disorders and emergencies in terms of epidemiology, aetio-pathogenesis, clinical manifestations, diagnosis, rational therapy and rehabilitation;
- (c) State age related requirements of calories, nutrients, fluids, drug etc. In health and disease;
- (d) Describe preventive strategies for common infectious disorders, malnutrition, genetic and metabolic disorders, poisonings, accidents and child abuse;
- (e) Outline national programmes relating to child health including immunization programmes.

#### **SKILLS:**

At the end of the course, the student shall be able to:

- (a) Take a detailed paediatrics history, conduct an appropriate physical examination of children including neonates, make clinical diagnosis, conduct common bedside investigative procedures, interpret common laboratory investigation and plan & institute therapy.
- (b) Take anthropometric measurements, resuscitate newborn infants with bag and mask at birth, prepare oral rehydration solution, start intravenous line and administer vaccines available under current national programmes.

## **THEORY**

**CHAPTER-1:** Importance of Paediatrics & Paediatric Care in developing countries – INDIA

- a) Why Paediatric care?
- b) What is Paediatric care?
- c) How to deliver Paediatric care?
- d) Responsibility of medical personnel.

**CHAPTER-2:** History taking and physical examination in paediatrics, Diagnosis & Management in Paediatrics including recent diagnostic procedures.

**CHAPTER-3:** New born care: Neonatal resuscitation, equipment required, drugs and steps for resuscitation. Examination of a Newborn.

**CHAPTER-4:** Growth & development & nutrition & nutritional disorders:

- 1) Vitamin Deficiency
- 2) Protein Energy Malnutrition
- 3) Rickets

**CHAPTER-5:** Immunization, Immunity in Newborn & Children

Principles and Practice of Immunization  
Immunization Schedules (mana' atikhaka)

**CHAPTER-6:** Amraz-e-mutaddi (infectious diseases):

- Chaikchak, judri (smallpox)
- Humaiqa (chickenpox)
- Hasba, khasra (measles)
- Humma-e-danj (dangue fever)
- Humma-e-qarmizia (scarlet fever)
- Humma-e-ijamiya (malarial fever)
- Humma-e-mevi (enteric fever)
- Poliomyelitis (faalij eatfaal)
- Common cold (zukaam)
- Tuberculosis (53 mraz memarz-e-diq)
- Diphtheria (khunaaq)
- Tetanus (kuzaaz)
- Kala-azar
- HIV (AIDS)

**CHAPTER-7:** Congenital diseases and genetic disorders (54mraz-e kahlqi wa moaroosi wa janeeni nuqsi 54mraz): DMD, Haemophilia, Thalassemia, Neural Tube defect, Down's syndrome and other chromosomal disorders.

**CHAPTER-8:** Breast feeding and diet and nutrition of children: breast feeding, composition of breast milk, colostrums, initiation and technique of feeding, exclusive breast milk. Hazards and demerits of pre-lacteal feed, top milk and bottle-feeding. Feeding of LBW babies. Infants feeding/weaning foods, method of weaning.

**CHAPTER-9:** Dehydration and its management (rehydration, micronutrient and fluid therapy)

**CHAPTER-10:** Puberty and related problems.

**CHAPTER-11:** Adolescent and related diseases.

**CHAPTER-12: Amrz-e-Dimagh wa Aasab (diseases of brain and nerves)**

- Isatasqa-e-dimaagh(hydrocephalus)
- Warm-e-aghshiya-e-dimaagh(meningitis)
- Ummus sibyaan(epilepsy)
- Tashannuj-e-afal(convulsion)
- Laqwa (bell'spalsy)
- Guillain-Barresyndrome
- FebrileSeizures
- Mental retardation inchildren

**CHAPTER-13: Amraz-e-Ain (diseases of eye)**

- Ramad(conjunctivitis)
- Shaeera (stye orhordeolum)
- Sulaaq(blephritis)
- Jarab-ul-ajfaan(trachoma)
- Barda(chalision)

**CHAPTER-14: Amraz-e-Gaush (diseases of ear)**

- Iltihab-e-uzn(otitis)
- Sailan-e-uzn(ottorhoea)
- Qazaf-ul- (foreign body in theear)

**CHAPTER-15: Amraz-e-Anaf (diseases of nose)**

- Rua' af, nakseer(epistaxis)
- Qazaf-ul-anaf (foreign body in thenose)

**CHAPTER-16: Amraz-e-Dahan (diseases of mouth)**

- Qulaa (stomatitis)
- Warm-e-lisaan(glossitis)
- Qurooh-e-dahan (mouthulcers)
- Ta' akkul dandan (dentalcarries)

**CHAPTER-17: Amraz-e-Halaq (diseases of thoroat)**

- Warm-e-lauzatain (tonsillitis)
- Warm-e-hanjra(pharyngitis)
- Warm-e-aslul uzn or ghudda-e-nakaf(mumps andparotiditis)

**CHAPTER-18: Amraz-e-Tanaffus (diseases of respiratory tract)**

- Sual(bronchitis)
- Shaheeqa (whoopingcough)
- Zeeq-un-nafs (bronchialasthma)
- Zaat-ur-ria(pneumonia)
- Zaat-ul-janab(pleurisy)

**CHAPTER-19: Amraz-e-Qalb (Cardiac diseases)**

- Kuilqi 55mraz (congenital heartdiseases)
- Hudari 55mraz-e-Qalb (rheumatic heart diseases)
- Taaffuni iltihab-e-ghisha-e-Qalb (infectiveendocarditic)

**CHAPTER-20: Amraz-e-Maida wa Jigar (diseases of stomach and liver)**

- Qai(vomiting)
- Tashannuj-e-shikam (abdominalcolic)
- Warm-e-kabid(hepatitis)
- Yerqan(jaundice)
- Hepatomegaly
- Splenomegaly

**CHAPTER-21: Amraz-e-Ama'a wa miq'ad (diseases of intestine and rectum)**

- Qabz(constipation)
- Is' haal (diarrhoealdisorders)
- Paichish, zaheer(dysentery)

- Deedan-e-amaa (worminfestations)
- Tadarrun-e-maivi (intestinaltuberculosis)
- Warm-e-bankharas(pancreatitis)

#### **CHAPTER-22: Amraz-e-Tanasulya (diseases of genitlia)**

- Zeequl ghalfa(phimosis)
- Qeela maieeya(hydrocele)
- Fataq(hernia)
- Warm-e-khusiya(orchitis)
- Cryptochidism

#### **CHAPTER-23: Amraz-e-Majra e Boal (diseases of urinary tract)**

- AcuteGlomerulonephritis
- Warm-e-majra e boal(UTI)
- Nephroticsyndrome
- Boul fil farash(enurisis)

#### **CHAPTER-24: Amraz-e Dam(Haemotology)**

- Suoo-ul-qinnia, faqrud dam(anaemia)
- Leukaemia
- Thalassiam
- Haemophilia
- Sickle celldisease

#### **CHAPTER-25: Ghair 56mraz56e gududi ke 56mraz (Endocrinology)**

- Growthdisturbances
- Obesity
- Thyroiddisease
- Diabetes

#### **CHAPTER-26: Miscellaneous: Drugs & drug dosage in children**

**PRACTICAL**

**100Marks**

**Teaching hours-50**

**JUZE AMALI (PRACTICALS)**

- 1) Amraz-e-afal ki tashkhees (diagnosis of diseases of children)
- 2) Muallijat-e-afal ke mutallichidayaat (advice and instructions for paediatric treatment).
- 3) Jadeed tahqiqat ki roshni me bachchoon ki tabai aur ghair tabai nasha unum makeynukaat (newer researches)

- History Taking In Paediatrics-20 Case Sheets Should be Prepared.
- Effective Communication with the Child and Caretakers.
- Evaluation of the Newborn.
- Assessment of Diet and Feeding Practices.
- Breast Feeding and Weaning
- General Physical Examination
- Developmental Assessment
- National Programs on Immunization
- Cardiopulmonary Resuscitation
- Resuscitation of an Asphyxiated Newborn Baby
- Informed Consent for Practical Procedures
- Universal Precaution and Asepsis Routines
- Fluid Therapy
- Oxygen Therapy
- Nasogastric Tube Insertion
- Neonatal Resuscitation

