

**AYURVEDACHARYA (B.A.M.S.)
SECOND PROFESSIONAL B.A.M.S.**

**SAMHITA ADHYAYAN-2
(STUDY OF AYURVEDA CLASSICAL TEXT)
(SUBJECT CODE : AyUG-SA2)**

JOURNAL/ACTIVITY BOOK

Name of the Student : _____

Institutional Roll No. : _____

Examination Reg. No. : _____

Academic Year : _____

Government Ayurved College, Vadodara



affiliated to

Ayurved University, Jamnagar

DEPARTMENT OF SAMHITA, SIDDHANTA & SAMSKRITAM

Batch: 20 -2

Certificate

This is to certify that, Mr./Ms. _____,
2nd year B.A.M.S. student has satisfactorily completed the course of practicals in Samhita
Adhyayan-2 subject prescribed by NCISM, India and endorsed by Gujarat Ayurved University,
Jamnagar as a part of the Second Professional B.A.M.S. Course.

Examination Seat No.: _____

Date of Examination- _____

Sign. Of Internal Examiner-_____

Sign. Of External Examiner-_____

Sign. of Teacher

Sign. of H.O.D.

JOURNAL/ACTIVITY BOOK
SAMHITA ADHYAYAN-2
(STUDY OF AYURVEDA CLASSICAL TEXT)
(SUBJECT CODE: AyUG-SA-2)

Journal cum Activity Book

Approved by – National Commission for Indian System of Medicines, New Delhi

DEPARTMENT OF
SAMHITA, SIDDHANTA & SAMSKRITAM,
GOVERNMENT AYURVED COLLEGE,
VADODARA

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PRACTICAL NO. 1
SHLOKA PATHANA-1

(Minimum 50 sutras selected from the list given in Table 4a of the syllabus)

No.1

Sutra Reference:

Sutra:

Meaning:

No. 2

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.3

Sutra Reference:

Sutra:

Meaning:

No. 4

Sutra Reference :

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.5

Sutra Reference:

Sutra:

Meaning:

No.6

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.7

Sutra Reference:

Sutra:

Meaning:

No.8

Sutra Reference :

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.9

Sutra Reference:

Sutra:

Meaning:

No.10

Sutra Reference :

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.11

Sutra Reference:

Sutra:

Meaning:

No.12

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.13

Sutra Reference:

Sutra:

Meaning:

No.14

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.15

Sutra Reference:

Sutra:

Meaning:

No.16

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.17

Sutra Reference:

Sutra:

Meaning:

No.18

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

PRACTICAL NO. 2
LEARNING THROUGH VYAKHYANA-1

(Sutras listed in Table.4a of the syllabus)

No.1

Sutra Reference:

Sutra:
Primary meaning:
Vyakhyana:
Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.2

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.3

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.4

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.5

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.6

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

PRACTICAL No. 3

OBSERVING THERAPEUTIC UTILITY OF SNEHANA AND SWEDANA

Purpose: To familiarize commonly available snehayogas and commonly undertaken sweda prayogas. (Ref: Ch. Su. 13,14)

1. Task-1: Enlist Sneha yogas available in the hospital & pharmacy

S.No.	Name of Sneha-Yoga	Type of Sneha dravya used	Reference as per label	Common indications

2. Task-2: Observe and enlist Swedana procedures undertaken by patients in hospital ward

Patient-1: Name:

Age:

Presenting complaints:

Type of sweda applied:

Details of sweda (materials, medicines etc.):

Effects of sweda as observed and described by patient:

Patient-2: Name:

Age:

Presenting complaints:

Type of sweda applied:

Details of sweda (materials, medicines etc.)

Effects of sweda observed and described by patient:

Patient-3: Name:

Age:

Presenting complaints:

Type of sweda applied:

Details of sweda (materials, medicines etc.)

Effects of sweda observed and described by patient:

Patient-4: Name:

Age:

Presenting complaints:

Type of sweda applied:

Details of sweda (materials, medicines etc.)

Effects of sweda observed and described by patient:

Patient-5: Name:

Age:

Presenting complaints:

Type of sweda applied:

Details of sweda (materials, medicines etc.)

Effects of sweda observed and described by patient:

Sign of Student

Sign of Teacher

PRACTICAL No. 4

IDENTIFICATION OF BAHUDOSHA LAKSHANA IN PATIENTS

(Minimum three cases)

Purpose: To assess bahudosha lakshana with the help of proforma in patients posted in hospital wards. (Ref: Ch. Su.16/13-16)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
Age:		Occupation:	
Gender:		OPD no.	
Mob.No.		IPD no.	
		K/C/O	

Presenting complaints:

No.	QUESTIONNAIRE TO ASSESS BAHUDOSA LAKSANA	Never	Occasionally	Frequently	Always
1	Do you have indigestion problem?	1	2	3	4
2	How many times you feel that you don't have taste of food?	1	2	3	4
3	Does your sense organs feel tired easily while engaged in any kind of work?	1	2	3	4
4	Do you feel heaviness in your body/body parts?	1	2	3	4
5	Do you have any skin problem like boil, rash, itching etc?	1	2	3	4
6	Do you feel aversion towards those things that you like to do?	1	2	3	4
7	Do you feel reluctant to do your routine?	1	2	3	4
8	Do you feel exhausted without exertion?	1	2	3	4
9	Dou you experience weakness while engaged in any kind of work?	1	2	3	4
10	Do you or your partner have noticed foul smell from your body?	1	2	3	4
11	Do you experience sadness without any particular reason?	1	2	3	4
12	Do you feel your mouth gets fill with thick saliva ?	1	2	3	4
13	Do you have acid reflux problem?	1	2	3	4
14	Do you feel sleeplessness?	1	2	3	4
15	Do you over sleep?	1	2	3	4
16	Do you feel drowsiness at daytime	1	2	3	4

	even after taking enough sleep?				
17	Are you not initiating any task due to fear of failure?	1	2	3	4
18	Do you feel difficulty to understand the things in a proper way?	1	2	3	4
19	Do you have inauspicious dreams that interrupt your sleep?	1	2	3	4
20	Do you feel loss of strength, complexion even after taking nourishing food)?	1	2	3	4

Total score:

Interpretation: (Alpadosha - 20 – 40, Madhyamadosha - 41 – 60, Bahudosha – 61 -80)

Result: The given case exhibits Bahudosha/Madhyamadosha/Alpa dosha

Discussion in relation to the treatment given/planned: Shodhana/ Shamana

Sign of Student

Sign of Teacher

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
Age:		Occupation:	
Gender:		OPD no.	
Mob.No.		IPD no.	
		K/C/O	

Presenting complaints:

No.	QUESTIONNAIRE TO ASSESS BAHUDOSA LAKSANA	Never	Occasionally	Frequently	Always
1	Do you have indigestion problem?	1	2	3	4
2	How many times you feel that you don't have taste of food?	1	2	3	4
3	Does your sense organs feel tired easily while engaged in any kind of work?	1	2	3	4
4	Do you feel heaviness in your body/body parts?	1	2	3	4
5	Do you have any skin problem like boil, rash, itching etc?	1	2	3	4
6	Do you feel aversion towards those things that you like to do?	1	2	3	4
7	Do you feel reluctant to do your routine?	1	2	3	4
8	Do you feel exhausted without exertion?	1	2	3	4
9	Do you experience weakness while engaged in any kind of work?	1	2	3	4
10	Do you or your partner have noticed foul smell from your body?	1	2	3	4
11	Do you experience sadness without any particular reason?	1	2	3	4
12	Do you feel your mouth gets fill with thick saliva ?	1	2	3	4
13	Do you have acid reflux problem?	1	2	3	4
14	Do you feel sleeplessness?	1	2	3	4
15	Do you over sleep?	1	2	3	4
16	Do you feel drowsiness at daytime even after taking enough sleep?	1	2	3	4
17	Are you not initiating any task due to fear of failure?	1	2	3	4
18	Do you feel difficulty to understand the things in a proper way?	1	2	3	4

19	Do you have inauspicious dreams that interrupt your sleep?	1	2	3	4
20	Do you feel loss of strength, complexion even after taking nourishing food)?	1	2	3	4

Total score:

Interpretation: (Alpadosha - 20 – 40, Madhyamadosha - 41 – 60, Bahudosha – 61 -80)

Result: The given case exhibits Bahudosha/Madhyamadosha/Alpa dosha

Discussion in relation to the treatment given/planned: Shodhana/ Shamana

Sign of Student

Sign of Teacher

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
Age:		Occupation:	
Gender:		OPD no.	
Mob.No.		IPD no.	
		K/C/O	

Presenting complaints:

No.	QUESTIONNAIRE TO ASSESS BAHUDOSA LAKSANA	Never	Occasionally	Frequently	Always
1	Do you have indigestion problem?	1	2	3	4
2	How many times you feel that you don't have taste of food?	1	2	3	4
3	Does your sense organs feel tired easily while engaged in any kind of work?	1	2	3	4
4	Do you feel heaviness in your body/body parts?	1	2	3	4
5	Do you have any skin problem like boil, rash, itching etc?	1	2	3	4
6	Do you feel aversion towards those things that you like to do?	1	2	3	4
7	Do you feel reluctant to do your routine?	1	2	3	4
8	Do you feel exhausted without exertion?	1	2	3	4
9	Dou you experience weakness while engaged in any kind of work?	1	2	3	4
10	Do you or your partner have noticed foul smell from your body?	1	2	3	4
11	Do you experience sadness without any particular reason?	1	2	3	4
12	Do you feel your mouth gets fill with thick saliva ?	1	2	3	4
13	Do you have acid reflux problem?	1	2	3	4
14	Do you feel sleeplessness?	1	2	3	4
15	Do you over sleep?	1	2	3	4
16	Do you feel drowsiness at daytime even after taking enough sleep?	1	2	3	4
17	Are you not initiating any task due to fear of failure?	1	2	3	4
18	Do you feel difficulty to understand the things in a proper way?	1	2	3	4

19	Do you have inauspicious dreams that interrupt your sleep?	1	2	3	4
20	Do you feel loss of strength, complexion even after taking nourishing food)?	1	2	3	4

Total score:

Interpretation: (Alpadosha - 20 – 40, Madhyamadosha - 41 – 60, Bahudosha – 61 -80)

Result: The given case exhibits Bahudosha/Madhyamadosha/Alpa dosha

Discussion in relation to the treatment given/planned: Shodhana / Shamana

Sign of Student

Sign of Teacher

PRACTICAL No.5
ASSESSMENT OF DISEASES BASED ON TRIVIDHA BODHYASANGRAHA
(Minimum three cases)

Purpose: To orient students on the use of trividha-bodhya-sangraha in understanding diseases and thereby enabling them using the unique assessment protocol mentioned in Caraka samhita.

(Ref: Ch. Su.18/44)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Gender:		IPD no.	
Mob.No.		K/C/O	

VIKAR-PRAKRUTI

Poorvarupa:

Rupa:

Samprapti:

Upashaya/anupashaya:

ADHISTHANA

Roga-adhithana (site of disease):

Rogamarga:

Dosha involved:

Dhatu/upadhatu/mala involved:

Srotas involved

Type of srotodushti:

SAMUTHANA (Causative factors)

Ahara:

Vihara:

Agantu:

Manasa:

Interpretation based on treatment adopted:

Sign of Student

Sign of Teacher

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Gender:		IPD no.	
Mob.No.		K/C/O	

VIKARA-PRAKRUTI

Poorvarupa:

Rupa:

Samprapti:

Upashaya/anupashaya:

ADHISTHANA

Roga-adhithana (site of disease):

Rogamarga:

Dosha involved:

Dhatu/upadhatu/mala involved:

Srotas involved

Type of srotodushti:

SAMUTHANA (Causative factors)

Ahara:

Vihara:

Agantu:

Manasa:

Interpretation based on treatment adopted:

Sign of Student

Sign of Teacher

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Gender:		IPD no.	
Mob.No.		K/C/O	

VIKARA-PRAKRUTI

Poorvarupa:

Rupa:

Samprapti:

Upashaya/anupashaya:

ADHISTHANA

Roga-adhithana (site of disease):

Rogamarga:

Dosha involved:

Dhatu/upadhatu/mala involved:

Srotas involved

Type of srotodushti:

SAMUTHANA (Causative factors)

Ahara:

Vihara:

Agantu:

Manasa:

Interpretation based on treatment adopted:

Sign of Student

Sign of Teacher

PRACTICAL No. 6
IDENTIFICATION OF ASHTA DOSHA IN ATISTHOULYA

Purpose: To identify prevalence of ashtadosha of sthauilya in individuals (Ref: Ch. Su.21/4)

No.1/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Height (cm):			
BMI (km/m²)		Weight:	

Symptoms of Atisthauilya	Question to be asked	Rating	Score (1-10)
Ayusho hrasa (decrease in quality of life)	How much you feel that your quality of life has been decreased?	Minimum – 0 Maximum – 10	
Javoparodha (Reduced active life)	How much you feel that increased body weight has reduced your active life?	Minimum – 0 Maximum – 10	
Krichra vyavayata (difficulty in copulation)	How many times you feel difficulty during copulation?	Never – 0 Always – 10	
Daurbalya (weakness)	How many times you feel tired on performing routine daily activities?	Never – 0 Always – 10	
Daurgandhya (bad odour)	How many times you feel foul smell from body?	Least – 0 Most - 10	
Swedabadha (excessive sweating)	How many times you get excessive sweated on performing physical activities?	Least – 0 Most - 10	
Kshudatimatram (increased appetite)	How much are you affected by increased appetite?	Least – 0 Most - 10	
Pipasatiyoga (increased thirst)	How much are you affected by increased thirst?	Least – 0 Most - 10	
Total Score:			
Interpretation	Score above 40 – prone to Atisthauilya		

Interpretation based on the score:

Discussion:

Sign of Student

Sign of Teacher

No.2/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Height:			
BMI		Weight:	

Symptoms of Atisthaulya	Question to be asked	Rating	Score (1-10)
Ayusho hrasa (decrease in quality of life)	How much you feel that your quality of life has been decreased?	Minimum – 0 Maximum – 10	
Javoparodha (Reduced active life)	How much you feel that increased body weight has reduced your active life?	Minimum – 0 Maximum – 10	
Krichra vyavayata (difficulty in copulation)	How many times you feel difficulty during copulation?	Never – 0 Always – 10	
Daurbalya (weakness)	How many times you feel tired on performing routine daily activities?	Never – 0 Always – 10	
Daugandhya (bad odour)	How many times you feel foul smell from body?	Least – 0 Most - 10	
Swedabadha (excessive sweating)	How many times you get excessive sweated during performing physical activities?	Least – 0 Most - 10	
Kshudatimatram (increased appetite)	How much are you affected by increased appetite?	Least – 0 Most - 10	
Pipasatiyoga (increased thirst)	How much are you affected by increased thirst?	Least – 0 Most - 10	
Total Score:			
Interpretation		Score above 40 – prone to Atisthaulya	

Interpretation based on the score:

Discussion:

Sign of Student

Sign of Teacher

No.3/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Height:			
BMI		Weight:	

Symptoms of Atisthaulya	Question to be asked	Rating	Score (1-10)
Ayusho hrasa (decrease in quality of life)	How much you feel that your quality of life has been decreased?	Minimum – 0 Maximum – 10	
Javoparodha (Reduced active life)	How much you feel that increased body weight has reduced your active life?	Minimum – 0 Maximum – 10	
Krichra vyavayata (difficulty in copulation)	How many times you feel difficulty during copulation?	Never – 0 Always – 10	
Daurbalya (weakness)	How many times you feel tired on performing routine daily activities?	Never – 0 Always – 10	
Daugandhya (bad odour)	How many times you feel foul smell from body?	Least – 0 Most - 10	
Swedabadha (excessive sweating)	How many times you get excessive sweated during performing physical activities?	Least – 0 Most - 10	
Kshudatimatram (increased appetite)	How much are you affected by increased appetite?	Least – 0 Most - 10	
Pipasatiyoga (increased thirst)	How much are you affected by increased thirst?	Least – 0 Most - 10	
Total Score:			
Interpretation		Score above 40 – prone to Atisthaulya	

Interpretation based on the score:

Discussion:

Sign of Student

Sign of Teacher

No.4/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Height:			
BMI		Weight:	

Symptoms of Atisthaulya	Question to be asked	Rating	Score (1-10)
Ayusho hrasa (decrease in quality of life)	How much you feel that your quality of life has been decreased?	Minimum – 0 Maximum – 10	
Javoparodha (Reduced active life)	How much you feel that increased body weight has reduced your active life?	Minimum – 0 Maximum – 10	
Krichra vyavayata (difficulty in copulation)	How many times you feel difficulty during copulation?	Never – 0 Always – 10	
Daurbalya (weakness)	How many times you feel tired on performing routine daily activities?	Never – 0 Always – 10	
Daugandhya (bad odour)	How many times you feel foul smell from body?	Least – 0 Most - 10	
Swedabadha (excessive sweating)	How many times you get excessive sweated during performing physical activities?	Least – 0 Most - 10	
Kshudatimatram (increased appetite)	How much are you affected by increased appetite?	Least – 0 Most - 10	
Pipasatiyoga (increased thirst)	How much are you affected by increased thirst?	Least – 0 Most - 10	
Total Score:			
Interpretation		Score above 40 – prone to Atisthaulya	

Interpretation based on the score:

Discussion:

Sign of Student

Sign of Teacher

No.5/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Height:			
BMI		Weight:	

Symptoms of Atisthaulya	Question to be asked	Rating	Score (1-10)
Ayusho hrasa (decrease in quality of life)	How much you feel that your quality of life has been decreased?	Minimum – 0 Maximum – 10	
Javoparodha (Reduced active life)	How much you feel that increased body weight has reduced your active life?	Minimum – 0 Maximum – 10	
Krichra vyavayata (difficulty in copulation)	How many times you feel difficulty during copulation?	Never – 0 Always – 10	
Daurbalya (weakness)	How many times you feel tired on performing routine daily activities?	Never – 0 Always – 10	
Daugandhya (bad odour)	How many times you feel foul smell from body?	Least – 0 Most - 10	
Swedabadha (excessive sweating)	How many times you get excessive sweated during performing physical activities?	Least – 0 Most - 10	
Kshudatimatram (increased appetite)	How much are you affected by increased appetite?	Least – 0 Most - 10	
Pipasatiyoga (increased thirst)	How much are you affected by increased thirst?	Least – 0 Most - 10	
Total Score:			
Interpretation		Score above 40 – prone to Atisthaulya	

Interpretation based on the score:

Discussion:

Sign of Student

Sign of Teacher

PRACTICAL No.7
CLINICAL OBSERVATIONS ON NIJA AGANTU RELATIONSHIP

Purpose: To explore relationship between Nija and Agantu diseases (Ref: Ch Su 19/7)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob..No.		K/C/O	

Presenting complaints
History of present illness
Relevant past history
Discussion on Nija-Agantu relationship

Signature of student

Signature of teacher

PRACTICAL No.7
CLINICAL OBSERVATIONS ON NIJA AGANTU RELATIONSHIP

Purpose: To explore application of Shadupakrama in therapeutics (Ref: Ch. Su. 22)

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Presenting complaints			
History of present illness			
Relevant past history			
Discussion on Nija- Agantu relationship			

Signature of student

Signature of teacher

PRACTICAL No.7
CLINICAL OBSERVATIONS ON NIJA AGANTU RELATIONSHIP

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Presenting complaints			
History of present illness			
Relevant past history			
Discussion on Nija- Agantu relationship			

Signature of student

Signature of teacher

PRACTICAL No.8
CLINICAL OBSERVATIONS ON SHADUPAKRAMA

(Minimum three cases)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints

General line of management (as per case sheet)

Upakramas undertaken by the patient: (select whichever is relevant)

Langhana/Brimhana/Swedana/Stambhana/Rukshana/Snehana

Details of Upakramas performed (medicines, methods and duration)

Discussion on logic of Upakrama prescribed

Signature of student

Signature of teacher

PRACTICAL No.8
CLINICAL OBSERVATIONS ON SHADUPAKRAMA

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints
General line of management (as per case sheet)
Upakramas undertaken by the patient: (select whichever is relevant) Langhana/Brimhana/Swedana/Stambhana/Rukshana/Snehana
Details of Upakramas performed (medicines, methods and duration)
Discussion on logic of Upakrama prescribed

Signature of student

Signature of teacher

PRACTICAL No.8
CLINICAL OBSERVATIONS ON SHADUPAKRAMA

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints
General line of management (as per case sheet)
Upakramas undertaken by the patient: (select whichever is relevant) Langhana/Brimhana/Swedana/Stambhana/Rukshana/Snehana
Details of Upakramas performed (medicines, methods and duration)
Discussion on logic of Upakrama prescribed

Signature of student

Signature of teacher

PRACTICAL No.9

ASSESSMENT OF RAKTADUSHTI KARANA IN SPECIFIC CLINICAL CONDITIONS

(Minimum three cases)

Purpose: To identify Raktadushti karanas in cases where Raktadushti is suspected (Ref: Ch. Su. 24/5-10)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Raktadushti nidana present (put tick marks for whichever is applicable)	
Ahara (food materials) – regular, excessive intake of	
Food materials having spoilt, teekshna, ushna properties	
Excessive use of amla, lavana, katu, kshara (use of pickles, papads, chilly items etc.)	
Regular use of kulattha, masha, nishpava, tila taila, pindalu, mulaka etc.	
Regular intake of meat of aquatic, marshy, burrows living animals etc.	
Excessive use of curd, mastu, shukta (fermented items), sura (alcohol), sauveeraka etc.	
Intake of viruddha ahara, puti (stale) and putrefied food	
Habit of over eating, eating before the digestion of previously taken food and during indigestion	
Vihara (lifestyle)	
Habit of day sleep after intake of heavy diet	
Excessive anger	
Excessive exposure to sunlight and fire	
Suppression of urge of vomiting / acid reflux	
Not administering shodhana procedures like blood letting, virechana etc at proper time	
Excessive physical exertion, injuries	
Aggravation in autumn season (Sharad kala)	

Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.9

ASSESSMENT OF RAKTADUSHTI KARANA IN SPECIFIC CLINICAL CONDITIONS

Purpose: To identify Raktadushti karanas in cases where Raktadushti is suspected (Ref: Ch. Su. 24/5-10)

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Raktadushti nidana present (put tick marks for whichever is applicable)	
Ahara (food materials) – regular, excessive intake of	
Food materials having spoilt, teekshna, ushna properties	
Excessive use of amla, lavana, katu, kshara (use of pickles, papads, chilly items etc.)	
Regular use of kulattha, masha, nishpava, tila taila, pindalu, mulaka etc.	
Regular intake of meat of aquatic, marshy, burrows living animals etc.	
Excessive use of curd, mastu, shukta (fermented items), sura (alcohol), sauveeraka etc.	
Intake of viruddha ahara, puti (stale) and putrefied food	
Habit of over eating, eating before the digestion of previously taken food and during indigestion	
Vihara (lifestyle)	
Habit of day sleep after intake of heavy diet	
Excessive anger	
Excessive exposure to sunlight and fire	
Suppression of urge of vomiting / acid reflux	
Not administering shodhana procedures like blood letting, virechana etc at proper time	
Excessive physical exertion, injuries	
Aggravation in autumn season (Sharad kala)	

Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.9

ASSESSMENT OF RAKTADUSHTI KARANA IN SPECIFIC CLINICAL CONDITIONS

Purpose: To identify Raktadushti karanas in cases where Raktadushti is suspected
(Ref: Ch. Su. 24/5-10)

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Raktadushti nidana present (put tick marks for whichever is applicable)	
Ahara (food materials) – regular, excessive intake of	
Food materials having spoiled, teekshna, ushna properties	
Excessive use of amla, lavana, katu, kshara (use of pickles, papad, chilly items etc.)	
Regular use of kulattha, masha, nishpava, tila taila, pindalu, mulaka etc.	
Regular intake of meat of aquatic, marshy, burrows living animals etc.	
Excessive use of curd, mastu, shukta (fermented items), sura (alcohol), sauveeraka etc.	
Intake of viruddha ahara, puti (stale) and putrefied food	
Habit of over eating, eating before the digestion of previously taken food and during indigestion	
Vihara (lifestyle)	
Habit of day sleep after intake of heavy diet	
Excessive anger	
Excessive exposure to sunlight and fire	
Suppression of urge of vomiting / acid reflux	
Not administering shodhana procedures like blood letting, virechana etc at proper time	
Excessive physical exertion, injuries	
Aggravation in autumn season (Sharad kala)	

Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.10 (1)

OBSERVATIONS ON USE OF AGRYA AUSHADHA IN CLINICAL PRACTICE

Purpose: To justify the importance of agrya aushadha in clinical practice (Ref: Ch. Su. 25/38-40)

Name of drug:

Category of agrya:

Drug Profile:

Botanical identity:

Guna:

Rasa:

Veerya:

Vipaka:

Parts used:

Prabhava:

Therapeutic uses:

Picture of the plant/drug

Important yogas:

Report on interview with Physicians on use of the drug in clinical practice:

Name of the physician:

Date of interview:

Information collected:

Student's impressions:

Signature of student

Signature of teacher

PRACTICAL No.10 (2)
OBSERVATIONS ON USE OF AGRYA AUSHADHA IN CLINICAL PRACTICE

Purpose: To justify the importance of agrya aushadha in clinical practice (Ref: Ch. Su. 25/38-40)

Name of drug:

Category of agrya:

Drug Profile:

Botanical identity:

Rasa:

Guna:

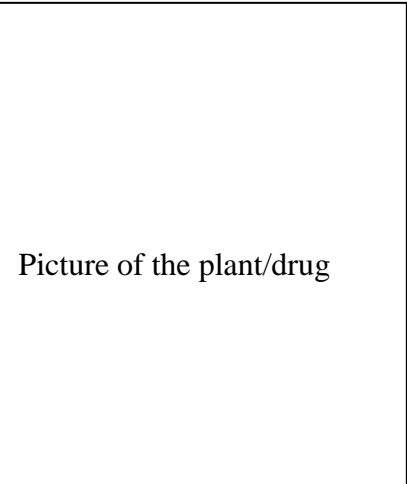
Vipaka:

Veerya:

Parts used:

Prabhava:

Therapeutic uses:



Important yogas:

Report on interview with Physicians on use of the drug in clinical practice:

Name of the physician:

Date of interview:

Information collected:

Student's impressions:

Signature of student

Signature of teacher

PRACTICAL No.10 (3)
OBSERVATIONS ON USE OF AGRYA AUSHADHA IN CLINICAL PRACTICE

Purpose: To justify the importance of agrya aushadha in clinical practice (Ref: Ch. Su. 25/38-40)

Name of drug:

Category of agrya:

Drug Profile:

Botanical identity:

Rasa:

Guna:

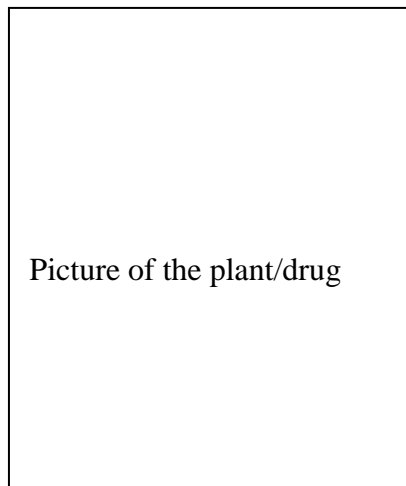
Vipaka:

Veerya:

Parts used:

Prabhava:

Therapeutic uses:



Important yogas:

Report on interview with Physicians on use of the drug in clinical practice:

Name of the physician:

Date of interview:

Information collected:

Student's impressions:

Signature of student

Signature of teacher

PRACTICAL No.11

ASSESSMENT OF DHATU-UPADHATU-MALA PRADOSHAJA VIKARAS IN PATIENTS (Minimum five cases)

Purpose: To identify dhatu-upadhatu-mala pradoshaja vikaras in selected cases. (Ref: Ch.Su.27/9-22)

No.1/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Assessment of dhatu-upadhatu-indriya pradosha vikaras	
Symptoms present	Dhatu/Upadhatu/Mala involved

Interpretation:

Vridhhi of

Kshaya of

Probable Samprapti involving Dhatu-upadhatu-mala:

Signature of student

Signature of teacher

PRACTICAL No.11

ASSESSMENT OF DHATU-UPADHATU-MALA PRADOSHAJA VIKARAS IN PATIENTS (Minimum five cases)

Purpose: To identify dhatu-upadhatu-mala pradoshaja vikaras in selected cases. (Ref: Ch.Su.27/9-22)

No.2/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Assessment of dhatu-upadhatu-indriya pradosha vikaras	
Symptoms present	Dhatu/Upadhatu/Mala involved

Interpretation:

Vridhhi of

Kshaya of

Probable Samprapti involving Dhatu-upadhatu-mala:

Signature of student

Signature of teacher

PRACTICAL No.11

ASSESSMENT OF DHATU-UPADHATU-MALA PRADOSHAJA VIKARAS IN PATIENTS (Minimum five cases)

Purpose: To identify dhatu-upadhatu-mala pradoshaja vikaras in selected cases. (Ref: Ch.Su.27/9-22)

No.3/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Assessment of dhatu-upadhatu-indriya pradosha vikaras	
Symptoms present	Dhatu/Upadhatu/Mala involved

Interpretation:

Vridhhi of

Kshaya of

Probable Samprapti involving Dhatu-upadhatu-mala:

Signature of student

Signature of teacher

PRACTICAL No.11

ASSESSMENT OF DHATU-UPADHATU-MALA PRADOSHAJA VIKARAS IN PATIENTS (Minimum five cases)

Purpose: To identify dhatu-upadhatu-mala pradoshaja vikaras in selected cases. (Ref: Ch.Su.27/9-22)

No.4/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Assessment of dhatu-upadhatu-indriya pradosha vikaras	
Symptoms present	Dhatu/Upadhatu/Mala involved

Interpretation:

Vridhhi of

Kshaya of

Probable Samprapti involving Dhatu-upadhatu-mala:

Signature of student

Signature of teacher

PRACTICAL No.11

ASSESSMENT OF DHATU-UPADHATU-MALA PRADOSHAJA VIKARAS IN

PATIENTS (Minimum five cases)

Purpose: To identify dhatu-upadhatu-mala pradoshaja vikaras in selected cases. (Ref: Ch.Su.27/9-22)

No.5/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints	
Assessment of dhatu-upadhatu-indriya pradosha vikaras	
Symptoms present	Dhatu/Upadhatu/Mala involved

Interpretation:

Vridhhi of

Kshaya of

Probable Samprapti involving Dhatu-upadhatu-mala:

Signature of student

Signature of teacher

PRACTICAL NO. 12
SHLOKA PATHANA-2

No.19

Sutra Reference:

Sutra:

Meaning:

No.20

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.21

Sutra Reference:

Sutra:

Meaning:

No.22

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.23

Sutra Reference:

Sutra:

Meaning:

No.24

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.25

Sutra Reference:

Sutra:

Meaning:

No.26

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.27

Sutra Reference:

Sutra:

Meaning:

No.28

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.29

Sutra Reference:

Sutra:

Meaning:

No. 30

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.31

Sutra Reference:

Sutra:

Meaning:

No.32

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.33

Sutra Reference:

Sutra:

Meaning:

No.34

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.35

Sutra Reference:

Sutra:

Meaning:

No.36

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

PRACTICAL NO. 13
LEARNING THROUGH VYAKHYANA-2

No.1

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.2

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.3

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.4

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.5

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

PRACTICAL No.14
CASE TAKING IN RELATION TO NIDANAPANCHAKA

(Minimum five cases)

Purpose: To map the disease process through nidana-panchaka (Ref: Ch. Ni. 1)

No. 1/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Etiological factors (Nidana)
Premonitory symptoms (Pragroopa)
Presenting complaints (Rupa)
Pathogenesis (Samprapti)
Relieving and aggravating factors (Upasaya-anupasaya)

Signature of student

Signature of teacher

PRACTICAL No.14

CASE TAKING IN RELATION TO NIDANAPANCHAKA

Purpose: To map the disease process through nidana-panchaka (Ref: Ch. Ni. 1)

No.2/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Etiological factors (Nidana)
Premonitory symptoms (Pragroopa)
Presenting complaints (Rupa)
Pathogenesis (Samprapti)
Relieving and aggravating factors (Upasaya-anupasaya)

Signature of student

Signature of teacher

PRACTICAL No.14

CASE TAKING IN RELATION TO NIDANAPANCHAKA

Purpose: To map the disease process through nidana-panchaka (Ref: Ch. Ni. 1)

No.3/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Etiological factors (Nidana)

Premonitory symptoms (Pragroopa)

Presenting complaints (Rupa)

Pathogenesis (Samprapti)

Relieving and aggravating factors (Upasaya-anupasaya)

Signature of student

Signature of teacher

PRACTICAL No.14

CASE TAKING IN RELATION TO NIDANAPANCHAKA

Purpose: To map the disease process through nidana-panchaka (Ref: Ch. Ni. 1)

No.4/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Etiological factors (Nidana)

Premonitory symptoms (Pragroopa)

Presenting complaints (Rupa)

Pathogenesis (Samprapti)

Relieving and aggravating factors (Upasaya-anupasaya)

Signature of student

Signature of teacher

PRACTICAL No.14
CASE TAKING IN RELATION TO NIDANAPANCHAKA

Purpose: To map the disease process through nidana-panchaka (Ref: Ch. Ni. 1)

No.5/5	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Etiological factors (Nidana)
Premonitory symptoms (Pragroopa)
Presenting complaints (Rupa)
Pathogenesis (Samprapti)
Relieving and aggravating factors (Upasaya-anupasaya)

Signature of student

Signature of teacher

PRACTICAL No.15

DIFFERENTIAL DIAGNOSIS OF SKIN DISEASES BASED ON GUIDELINES ON KUSHTHA

(Minimum three cases)

Purpose: To familiarize differential diagnosis of Kushtha through Ayurvedic parameters

(Ref: Ch. Ni.5)

No.1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints

Feature	Presentation (use appropriate terms as per descriptions in Kushtha nidana)	Dosha predominance	Probable diagnosis (Type of Kushtha)
Varna (Color)			
Akriti (appearance)			
Srava (secretions)			
Sparsa (touch)			
Other associated symptoms (daha, kandu, shula etc.) & location			

Signature of student

Signature of teacher

PRACTICAL No.15

DIFFERENTIAL DIAGNOSIS OF SKIN DISEASES BASED ON GUIDELINES ON KUSHTHA

(Minimum three cases)

Purpose: To familiarize differential diagnosis of Kushtha through Ayurvedic parameters
(Ref: Ch. Ni.5)

No.2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints

Feature	Presentation (use appropriate terms as per descriptions in Kushtha nidana)	Dosha predominance	Probable diagnosis (Type of Kushtha)
Varna (Color)			
Akriti (appearance)			
Srava (secretions)			
Sparsa (touch)			
Other associated symptoms (daha, kandu, shula etc.) & location			

Signature of student

Signature of teacher

PRACTICAL No.15

DIFFERENTIAL DIAGNOSIS OF SKIN DISEASES BASED ON GUIDELINES ON KUSHTHA

(Minimum three cases)

Purpose: To familiarize differential diagnosis of Kushtha through Ayurvedic parameters
(Ref: Ch. Ni.5)

No.3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Presenting complaints

Feature	Presentation (use appropriate terms as per descriptions in Kushtha nidana)	Dosha predominance	Probable diagnosis (Type of Kushtha)
Varna (Color)			
Akriti (appearance)			
Srava (secretions)			
Sparsa (touch)			
Other associated symptoms (daha, kandu, shula etc.) & location			

Signature of student

Signature of teacher

PRACTICAL No.16
PRAMANA PARIKSHA

(Minimum three cases)

Purpose: To familiarize ayurvedic methods of physiometry (Ref: Ch. Sha.7)

No. 1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Name of body part	Pramana mentioned in Ch.Vi.8/117
Vertical height of full body	84 angula =160 cm (1 angula ≈1.9 cm*)
Lalat (forehead)	4 angula =7.6 cm
Kati (waist)	16 angula=30.4 cm
Jangha (Knee to ankle joint)	18 angula=34.2 cm
Prapani (forearm)	15 angula=28.5cm
Hasta (palm)	12 angula= 22.8 cm
Sira (Head)	32 angula=60.8 cm

*Manual of SOP for Prakriti parikshana published by CCRAS

Status of health			
Measurements taken of	Normal measurement	Observed measurement	Interpretation

Signature of the student

Signature of teacher

PRACTICAL No.16
PRAMANA PARIKSHA

Purpose: To familiarize ayurvedic methods of physiometry (Ref: Ch. Sha.7)

No. 2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Name of body part	Pramana mentioned in Ch.Vi.8/117
Vertical height of full body	84 angula =160 cm (1 angula ≈1.9 cm*)
Lalat (forehead)	4 angula =7.6 cm
Kati (waist)	16 angula=30.4 cm
Jangha (Knee to ankle joint)	18 angula=34.2 cm
Prapani (forearm)	15 angula=28.5cm
Hasta (palm)	12 angula= 22.8 cm
Sira (Head)	32 angula=60.8 cm

*Manual of SOP for Prakriti parikshana published by CCRAS

Status of health			
Measurements taken of	Normal measurement	Observed measurement	Interpretation

Signature of the student

Signature of teacher

PRACTICAL No.16
PRAMANA PARIKSHA

Purpose: To familiarize ayurvedic methods of physiometry (Ref: Ch. Sha.7)

No. 3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	

Name of body part	Pramana mentioned in Ch.Vi.8/117
Vertical height of full body	84 angula =160 cm (1 angula ≈1.9 cm*)
Lalat (forehead)	4 angula =7.6 cm
Kati (waist)	16 angula=30.4 cm
Jangha (Knee to ankle joint)	18 angula=34.2 cm
Prapani (forearm) [Elbow to wrist joint]	15 angula=28.5cm
Hasta (palm)	12 angula= 22.8 cm
Sira (Head)	32 angula=60.8 cm

*Manual of SOP for Prakriti parikshana published by CCRAS

Status of health			
Measurements taken of	Normal measurement	Observed measurement	Interpretation

Signature of the student

Signature of teacher

PRACTICAL No. 17 (1)
IDENTIFICATION OF VIKARAVIGHATA BHAVA-ABHAVA IN PATIENTS

Purpose: To explore concept of vikara-vighata-bhava-abhava in clinical scenario (Ref: Ch. Ni.4/3)

Disease assigned:

Summary of group discussion:

Check list prepared after group discussions:

Factors identified as risk factors/ aggravating factors (vikara-vighata-abhava)	Factors identified as protective factors, factors against diseases (vikara-vighata bhava)

Screening patients with the checklist: ((Minimum three cases)

No. 1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Risk factors present as per check list		Protective factors present as per checklist	

Interpretation:

Signature of student

Signature of teacher

PRACTICAL No. 17 (2)
IDENTIFICATION OF VIKARAVIGHATA BHAVA ABHAVA IN PATIENTS

Purpose: To explore concept of vikara-vighata-bhava-abhava in clinical scenario (Ref: Ch. Ni.4/3)

Disease assigned:

Summary of group discussion:

Check list prepared after group discussions:

Factors identified as risk factors/ aggravating factors (vikara-vighata-abhava)	Factors identified as protective factors, factors against diseases (vikara-vighata bhava)

Screening patients with the checklist: ((Minimum three cases)

No. 2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mo.No.		K/C/O	
Risk factors present as per check list		Protective factors present as per checklist	

Interpretation:

Signature of student

Signature of teacher

PRACTICAL No. 17 (3)
IDENTIFICATION OF VIKARAVIGHATA BHAVA ABHAVA IN PATIENTS

Purpose: To explore concept of vikara-vighata-bhava-abhava in clinical scenario (Ref: Ch. Ni.4/3)

Disease assigned:

Summary of group discussion:

Check list prepared after group discussions:

Factors identified as risk factors/ aggravating factors (vikara-vighata-abhava)	Factors identified as protective factors, factors against diseases (vikara-vighata bhava)

Screening patients with the checklist: ((Minimum three cases)

No. 3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Risk factors present as per check list		Protective factors present as per checklist	

Interpretation:

Signature of teacher

Signature of student

PRACTICAL No. 18
EXPLORATION OF LOKA-PURUSHA SAMYA VADA IN THE BACK GROUND
OF ONE HEALTH

Purpose: To explore Loka-Purusha-Samya in the background of one health movement (Ref: Ch. Sha.5)

Date of discussion:

Topic:

Moderator:

Group Members:

Major theme discussed:

Summary of discussion:

Important ideas evolved:

Signature of student

Signature of teacher

PRACTICAL NO. 19
SHLOKA PATHANA-3

No.37

Sutra Reference:

Sutra:

Meaning:

No.38

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.39

Sutra Reference:

Sutra:

Meaning:

No.40

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.41

Sutra Reference:

Sutra:
Meaning:

No.42

Sutra Reference :

Sutra:
Meaning:

Recited by student on:

Signature of the teacher:

No.43

Sutra Reference:

Sutra:

Meaning:

No.44

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.45

Sutra Reference:

Sutra:

Meaning:

No.46

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No. 47

Sutra Reference:

Sutra:

Meaning:

No.48

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

No.49

Sutra Reference:

Sutra:

Meaning:

No.50

Sutra Reference:

Sutra:

Meaning:

Recited by student on:

Signature of the teacher:

PRACTICAL NO. 20
LEARNING THROUGH VYAKHYANA-3

No.1

Sutra Reference:

Sutra:
Primary meaning:
Vyakhyana:
Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.2

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.3

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.4

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.5

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.6

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.7

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.8

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.9

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.10

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.11

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.12

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.13

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

No.14

Sutra Reference:

Sutra:

Primary meaning:

Vyakhyana:

Difference in understanding after Vyakhyana:

Sign of student on:

Signature of the teacher:

PRACTICAL No.22
SROTAS PROFORMA

(Minimum three cases)

Purpose: To assess status of Srotodushti in different clinical conditions (Ref: Ch. Vi.5)

No. 1/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Presenting complaints			
Srotas involved	Whether causative factors of the particular Srotodushti is present or not, if yes, give the details	Type of Srotodushti (Atipravritti/Sanga/Sira-granthi/Vimargagamana)	Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.22
SROTAS PROFORMA

(Minimum three cases)

Purpose: To assess status of Srotodushti in different clinical conditions (Ref: Ch. Vi.5)

No. 2/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Presenting complaints			
Srotas involved	Whether causative factors of the particular srotodushti is present or not, if yes, give the details	Type of Srotodushti (Atipravritti/Sanga/Sira-granthi/Vimargagamana)	Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.22
SROTAS PROFORMA

(Minimum three cases)

Purpose: To assess status of Srotodushti in different clinical conditions (Ref: Ch. Vi.5)

No. 3/3	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age: Preferably > 25		OPD no.	
Sex:		IPD no.	
Mob.No.		K/C/O	
Presenting complaints			
Srotas involved	Whether causative factors of the particular srotodushti is present or not, if yes, give the details	Type of Srotodushti (Atipravritti/Sanga/Sira-granthi/Vimargagamana)	Interpretation:

Signature of student

Signature of teacher

PRACTICAL No.23
LEARNING THROUGH TANTRAYUKTI

(Minimum 15 different tantrayuktis selected from the list given in Table.4a of the syllabus)

Purpose: Demonstrate use of Tantrayukti in different sutras

No.1 **Sutra Reference:**

Sutra:
Interpretation/ new understanding by applying tantrayukti:

No.2 **Sutra Reference:**

Sutra:
Interpretation/ new understanding by applying tantrayukti:

No.3 **Sutra Reference:**

Sutra:
Interpretation/ new understanding by applying tantrayukti:

Signature of student

Signature of teacher

No.4

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.5

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.6

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

Signature of student

Signature of teacher

No.7

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.8

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.9

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

Signature of student

Signature of teacher

No.10

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.11

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.12

Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

Signature of student

Signature of teacher

No.13 Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.14 Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

No.15 Sutra Reference:

Sutra:

Interpretation/ new understanding by applying tantrayukti:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.1/10	Date:	Resident:	Rural/Urban	
Name		So.Eco.Status:	Lower/Middle/Upper	
Address:		Education:	I/ P/ S/ HS/ G/ PG	
		Occupation:		
Age:		Sex:		

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

–
Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.2/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.3/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.4/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.5/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.6/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.7/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.8/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is your sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.9/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL NO.24

ASSESSMENT OF HEALTH THROUGH DHATUSAMYA PARIKSHA

Purpose: To assess health status of a person based on Dhatusamya pariksha (Ref: Ch.Vi.8/89)

No.10/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Questions	Response
Do you have any health problem?	Yes/No
Do you have normal voice and body complexion ?	Yes/No
Do you feel that growth and development of your body is resumed?	Yes/No
Do you have proper physical strength ?	Yes/No
Do you have appetite at proper intervals?	Yes/No
Do you have relish of food at the time of eating?	Yes/No
Does the food get digested within a proper time?	Yes/No
Do you get sleep at proper time?	Yes/No
Is your sleep sound?	Yes/No
Do you get up fresh in the morning?	Yes/No
Is you sleep free from nightmares that interrupt your sleep?	Yes/No
Do you get proper stool evacuation daily?	Yes/No
Do you pass urine normally?	Yes/No
Do you have proper elimination of semen/menses ?	Yes/No
Do you have normal vision?	Yes/No
Do you have proper hearing capacity?	Yes/No
Do you smell normally?	Yes/No
Do you taste properly?	Yes/No
Do you identify touch properly through skin?	Yes/No
Are you able to get the knowledge of an object accurately?	Yes/No
Are you satisfied with your health?	Yes/No

(Interpretation: Scoring - Yes +1, No -1; Total score 15-20 – Very good in health, 10-15

– Moderately healthy, below 10 – unhealthy)

Score obtained:

Status of health:

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

The Agni Bala assessment tool				
Questions	Mandagni I	Vishamagni II	Samagni III	Tikshnagni IV
What option describes best your ability to digest food?	I am unable to digest even small quantities of food	My ability to digest food keeps varying. Sometimes I am able to digest and other times I am not	I am able to digest almost all sorts of food items when consumed in appropriate quantity	I am able to digest almost all food items very easily, taken in large quantities
What time do you need to feel like eating again, after having your meal?	I feel like eating only after about 8 hours of having my meal	Not consistent, keeps varying	I feel like eating 6-8 hours after having my meal	I feel like eating before 6 hours of having meal
What effects do you observe in your digestion due to disturbances in your lifestyle? (eg, irregular eating habits, disturbed sleeping pattern, emotional disturbances, etc)	Digestion gets disturbed due to slight variation in lifestyle	Digestion gets disturbed due to appreciable disturbances in lifestyle	Digestion is not affected much due to disturbances in lifestyle	Process of digestion gets initially disturbed; however, later gets adapted to variations in lifestyle
How frequently do you have your meals in a day?	I have <2 meals per day	My frequency of having meals varies between 1 and 4	I usually have 2 to 3 meals per day	I almost always have >3 meals per day
How do you describe your ability to bear hunger? (ie, your ability to wait for food after you feel hungry)	I can bear hunger for >2 hours	Hunger is sometimes bearable (up to 1 hour) and sometimes is unbearable (<1 hour)	I can bear hunger for up to 1 to 2 hours	I feel it very difficult to bear hunger
What quantity of meals do you have in a day?	I usually have small meals	I sometimes have large and sometimes small meals	I usually have meals that are neither too small nor too large	I usually have large meals
How do you describe your capacity to digest heavy meals in terms of time?	Digestion mostly takes longer than normal	Time taken for proper digestion varies every now and then	Digestion is completed in normal time	Digestion occurs quite quickly than normal
How do you describe your bowel habits?	I have a tendency for constipation	My bowels are sometimes hard and on other times are soft	My bowels are normal (neither too hard nor too soft)	—
How do you describe your eating habits?	I generally have food after the scheduled time	I generally have food either before or after the scheduled time	I generally have food exactly on scheduled time	I generally have food before scheduled time
How do you feel after the complete digestion of meals?	I frequently feel heaviness in abdomen and body	I occasionally feel slight heaviness in abdomen and body	I mostly feel lightness in abdomen and body	I feel lightness in abdomen and body quite early after having meals
How do you express your feelings that you develop after looking at the food items that you like?	I do not feel like eating even when hungry	I sometimes feel like eating and sometimes do not	I feel like eating food	I feel like eating any food item irrespective of whether I like it or not
Total Scores:	.../11/11/11/10

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.1/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.2/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.3/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.4/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.5/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.6/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.7/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.8/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.9/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation (by comparing both results):

Signature of student

Signature of teacher

PRACTICAL No. 25

AGNI ASSESSMENT BASED ON TOLERANCE TO APACHARA

Purpose: To familiarize the assessment of Agni based on Apachara vishesha (Ref: Ch.Vi.6/12)

No.10/10	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Sex:	

Assessment Questionnaire			
1	Capability to tolerate irregularities in diet & lifestyle	Always capable to tolerate any type of abnormality/irregularity in food intake & lifestyle	Tikshnagni
		Digestion gets affected by considerable abnormality/irregularity in food intake & lifestyle	Samagni
		Fluctuating nature in tolerating abnormality/irregularity	Vishamagni
		Not capable to tolerate even minimum abnormality/irregularity	Mandagni
2	Type of Agni as assessed by standard tool		

Interpretation by comparing both results:

Signature of student

Signature of teacher

PRACTICAL No.26
TRIVIDHA ROGA VISHESHA VIJNANA IN DIAGNOSIS
(Minimum three cases)

Purpose: To justify the role of Trividha-rogavishesha vijnana in clinical methods.(Ref: Ch.Vi.4)

No.1/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	

Presenting complaints:

Application of pratyaksha - Observations through different sense organs and other instruments

Application of anumana:

Observed facts

Inferred facts

Application of aptopadesha – Write the references/quotes/verses from Samhitas, textbooks or articles to justify/explain the conclusions

Signature of student

Signature of teacher

PRACTICAL No.26
TRIVIDHA ROGA VISHESHA VIJNANA IN DIAGNOSIS
(Minimum three cases)

Purpose: To justify the role of Trividha-rogavishesha vijnana in clinical methods.(Ref: Ch.Vi.4)

No.2/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	

Presenting complaints:

Application of pratyaksha - Observations through different sense organs and other instruments

Application of anumana:

Observed facts

Inferred facts

Application of aptopadesha – Write the references/quotes/verses from Samhitas, textbooks or articles to justify/explain the conclusions

Signature of student

Signature of teacher

PRACTICAL No.26
TRIVIDHA ROGA VISHESHA VIJNANA IN DIAGNOSIS
(Minimum three cases)

Purpose: To justify the role of Trividha-rogavishesha vijnana in clinical methods. (Ref: Ch.Vi.4)

No.3/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	

Presenting complaints:

Application of pratyaksha - Observations through different sense organs and other instruments

Application of anumana:

Observed facts

Inferred facts

Application of aptopadesa – Write the references/quotes/verses from Samhitas, textbooks or articles to justify/explain the conclusions

Signature of student

Signature of teacher

PRACTICAL No. 27
ASSESSMENT OF UPASHAYA AND ANUPASHAYA IN PATIENTS
(Minimum three cases)

Purpose: To justify importance of Upashaya and Anupashaya in clinical examination
(Ch. Ni.1/10 with Chakrapani commentary)

No.1/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	
Desha:	Jangal/Sadharana/Anoopa		
Presenting complaints:			
Probable Diagnosis			
Dosha dushti: Doshaguna dushti : Dhatu dushti : Mala dushti : Probable Disease Diagnosis if available:			

Upashaya- Anupashaya PARIKSHA

Upashaya		Ahara	Aushadha	Vihar/Kriya	Kala	
	Dravya	1)	1)	1)	1)	Ushna/Sheeta/ Varsha/Durdina
		2)	2)	2)		
		3)	3)	3)		
4)						
Guna						
Karma						
Anupashaya		Ahara	Aushadha	Vihar/Kriya	Kala	
	Dravya	1)	1)	1)	1)	Ushna/Sheeta/ Varsha/Durdina
		2)	2)	2)		
		3)	3)	3)		
4)						
Guna						
Karma						

Interpretation:

Disease diagnosis confirmation based on Upashaya- anupashaya

Probable line of Management based on Upashaya- anupashaya

Signature of student

Signature of teacher

PRACTICAL No. 27
ASSESSMENT OF UPASHAYA AND ANUPASHAYA IN PATIENTS
(Minimum three cases)

Purpose: To justify importance of Upashaya and Anupashaya in clinical examination
(Ch. Ni. 1/10 with Chakrapani commentary)

No.2/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	
Desha:	Jangal/Sadharana/Anoopa		
Presenting complaints:			
Probable Diagnosis			
Dosha dushti: Doshaguna dushti : Dhatu dushti : Mala dushti : Probable Disease Diagnosis if available:			

Upashaya- Anupashaya PARIKSHA

		Ahara	Aushadha	Vihar/Kriya	Kala
		Upashaya	Dravya	1)	1)
2)	2)			2)	
3)	3)			3)	
4)			4)		
	Guna				
	Karma				
		Ahara	Aushadha	Vihar/Kriya	Kala
		Anupashaya	Dravya	1)	1)
2)	2)			2)	
3)	3)			3)	
4)			4)		
	Guna				
	Karma				

Interpretation:

Disease diagnosis confirmation based on Upashaya- anupashaya

Probable line of Management based on Upashaya- anupashaya

Signature of student

Signature of teacher

PRACTICAL No. 27
ASSESSMENT OF UPASHAYA AND ANUPASHAYA IN PATIENTS
(Minimum three cases)

Purpose: To justify importance of Upashaya and Anupashaya in clinical examination
(Ch. Ni.1/10 with Chakrapani commentary)

No.3/3	Date:	Resident:	Rural/Urban
Name		So.Eco.Status:	Lower/Middle/Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		Gender:	
Desha:	Jangal/Sadharana/Anoopa		
Presenting complaints:			
Probable Diagnosis			
Dosha dushti: Doshaguna dushti : Dhatu dushti : Mala dushti : Probable Disease Diagnosis if available:			

Upashaya- Anupashaya PARIKSHA

		Ahara	Aushadha	Vihar/Kriya	Kala
	Upashaya	Dravya	1)	1)	1)
2)			2)	2)	
3)			3)	3)	
4)			4)		
	Guna				
	Karma				
Anupashaya		Ahara	Aushadha	Vihar/Kriya	Kala
	Dravya	1)	1)	1)	Ushna/Sheeta/ Varsha/Durdina
		2)	2)	2)	
		3)	3)	3)	
	4)		4)		
	Guna				
	Karma				

Interpretation:

Disease diagnosis confirmation based on Upashaya- anupashaya

Probable line of Management based on Upashaya- anupashaya

Signature of student

Signature of teacher

**THEORY NLH
ACTIVITY RECORD**

Theory NLH activity Record

Index

Sr. No.	Activity details	Date	Teacher's sign
1.	Expert lecture on Atuaralay		
2.	Activity on disease classification		
3.	Compilation/making monograph on Nanatmaja vikara		
4.	Video making on concept of Nidra		
5.	Justifying concept of Hita and Ahita ahara		
6.	Application of paradi guna		
7.	Collection of different dravya's		
8.	Skit on different types of vaidya in relation to medical ethics		
9.	Documentation of Nidanarthakara roga		
10.	Quiz on Nidana sthana		
11.	Game on ashta smriti karana		
12.	Identify film/Tv serial characters having different qualities of trividha sattva and their varieties		
13.	Adopting pravrutti and nivrutti upayas in present era		
14.	Analysing data on causes of Akala mrityu		
15.	Street play on awareness of Garbhopaghatakara bhava		
16.	Digital posters for public awareness on ahara vidhi		
17.	Short documentary on any of the Janapadodhvanshakara Bhava		
18.	Identifying Adhyayana vidhi		
19.	Identifying types of Swapna		
20.	Discussion on death signs		
21.	Use of various standard tools for assessing factors related to arishta		