

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER
SYLLABUS OF COMPETITIVE EXAMINATION FOR THE
POST OF LECTURER
KAYACHIKITSA (AYUSH DEPARTMENT)

PART-A

General Knowledge of Rajasthan

Culture & Heritage of Rajasthan:-

1. Dietary Practices of Rajasthan:
 - 1.1 Indigenous food- Cereal and millets, fruits and vegetables, food of various regions.
 - 1.2 Seasonal dietary practices, festivals and their Ayurvedic rationale.
 - 1.3 Tradition of fasting and *Upvas*.
2. Crops of Rajasthan:
 - 2.1 Evidence of Crop production in Pre-Historic sites of Rajasthan.
 - 2.2 Evidence of Crop production in Ancient and Medieval Rajasthan.
3. Minerals of Rajasthan- Evidence of knowledge of minerals in Ancient and Medieval Rajasthan.
4. Medicinal Herbs of Rajasthan.
5. Society of Rajasthan:
 - 5.1 Traditions, dress and ornaments, fairs & festivals.
 - 5.2 Folk and Tribal Society: Fairs and festival, social customs, social life and beliefs.
6. Making of Modern Rajasthan:
 - 6.1 Political and social awakening in 19th century.
 - 6.2 Peasant movements, tribal movements and *Prajamandal* movements in 20th century. Integration of Rajasthan.

Geography of Rajasthan:-

Broad Physical Features: Mountains, Plateaus, Plains and Deserts; Major Rivers and Lakes; Climatic Characteristics; Major Soil types and their distribution; Vegetation types and their distribution; Agricultural types; Livestock; Demographic Characteristics.

Total Questions 40

PART-B

1. Derivation of terms 'Kaya', 'Chikitsa' and their definition and synonyms definition of Kayachikitsa, Definition of Bheshaja types & detailed description of Bheshaja and chikitsa, Knowledge about chikitsa chatushpada, Rogi Roga pariksha Siddhantha.
2. Importance of Kriya kaal according to stages of Dosha & their management.
3. Chikitsa sutra and Management of Vriddhi (increased) & kshaya (decreased) of Dosha, Dhatu, Mala, Ojo Vyapat (Kshaya, Visramsa & Vyapat) and its management.
4. Chikitsa sutra and management of sama- Nirama states. Chikitsa sutra and management of Avarana.
5. Chikitsa sutra and management of Samanyaja and Nanatmaja diseases.
6. Detailed description of Dvidividhopakrama (Santarpana and Apatarpana) and Shadavidhopakrama. Detailed description of Shodhana, Shamana and Nidana Parivarjana.
7. Knowledge of Aushadha Matra, Sevan kaala and Anupana and knowledge of Pathya – Apathya.
8. Principles & Management of Nutritional deficiency disorders.
9. Detailed description of chikitsa sutra and management of Jwara and it's type.
10. Chikitsa sutra & management of the diseases of Rasavaha srotasa like pandu Amavara, Hridroga, Rheumatoid Arthritis, Hypertension, Coronary Artery Disease.
11. Chikitsa sutra & management of the diseases of Raktavaha srotasa such as Raktapitta, kamala, vatarakta, yakrita dosha, plihadosha, Hepatitis, cirrhosis of liver, kushtha, sheetpitta, udarda, kotha and kshudra roga.
12. Diseases of different Endocrinal glands and their management.
13. General Introduction, Types and Management of diseases caused by vyadhi Kshamatwa heenata (Immuno deficiency disorders), Autoimmune disorders.
14. Chikitsa sutra and management of the diseases of Pranavaha srotas like kasa, Shwara, Hikka, Rajayakshma, Parshwasula, Bronchial Asthma, COPDS, Bronchtis and Bronchiectasis.
15. Principles and Management of diseases of udakavaha srotasa such as, sotha, Jalodara, Trishna, water & electrolyte imbalance.
16. Chikitsa sutra and management of diseases of annavaha srotasa such as – Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Visuchika, Grahni, Amlapitta, Gulma, Shoola, Bhasmaka.

17. Principles of treatment and management of vatavyadhi like pakshavadha Ardita, Gridhrasi, khalli, kampavata, udavarta, etc.
18. Chikitsa sutra and Management Mamsavaha srotasa and medovaha srotas such as, Gandamala, Galaganda, Arbuda, Prameha, Sthaulya, Diabetes Mellitus and dyslipidaemia.
19. Chikitsa sutra and Management of Asthi and Majjavaha srotas such as Asthisoushrya, Asthi kshaya, Sandhigata vata, osteoarthritis osteoporosis, Osteomyelitis.
20. Chikitsa sutra & Management of shukravaha srotas such as klaibya, shukradosha, kshina shukra, dhvajabhanga.
21. Chikitsa sutra & Management of mutravaha srotas such as Mutrakricha, Mutraghata, Ashmari, Nephrotic Syndrome, Renal failure.
22. Chikitsa sutra and Management of diseases of Purishavaha srotas – Atisara, Pravahika, Arsha, Purishaj Krimi, I.B.S. and Ulcerative Colitis.
23. Chikitsa sutra and Management of diseases, of manas and manovaha srotas like Apasmara, Atattvabhinivesha, Chittodvega Anxiety disorders and depression. Medhya Rasayana in the management of Manas roga.
24. Management of vardhakyajanita vikara.
25. Privation, definition, synonymous of Rasayana, its importance, benefits and indications, contraindications and classification of Rasayana. Various Rasayana Yoga and Directions of use. Rules & Regulations of Rasayana therapy.
26. Derivation, definition, benefits & importance of vajikarasa, various vajikara Yoga and their indication and uses.
27. Janpadhodhwansa Janya diseases and it's principles of management like swine flu, COVID- 19 etc.
28. Interpretation and indication of various investigations Like ECG, Echo Cardiography. TMT, spirometry, X Ray, USG, LFT, KFT Lipid Profile etc.
29. Basics of Clinical research such as observational and Interventional studies descriptive & analytical studies, Longitudinal & cross Sectional studies prospective & retrospective studies, cohort studies, Randomized controlled Trials & their types, Single case design, case control studies, ethnographic studies, black box design, cross-over design & factorial design.
 - Survey studies.
 - Phases of clinical studies 0,1,2,3 & 4.
 - Intellectual Property Rights – Different Aspects and steps in Patents,

information on traditional Knowledge Digital Library (TKDL).

- Good Clinical practices.
- Information about institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions.

Total Questions 110

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Pattern of Question Papers:

1. Objective Type Paper
2. Maximum Marks: 150
3. Number of Questions: 150
4. Duration of Paper: 2.30 Hours
5. All Questions carry equal marks
6. There will be Negative Marking