

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

**Syllabus of Preliminary Test for the recruitment of of Principal, Gujarat Ayurveda Service,
Class-I (Advt.No.30/18-19)**

Total Questions:300 Syllabus of Preliminary Test Total Marks-300

Part-I

Medium: Gujarati General Study Marks- 100

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

Marks: 200	Question: 200	Medium: English
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1. Basic Concepts of Ayurveda

Ayurved itihās in detail and introduction of classical texts during sanhitakāl and their contribution. Classification and general introduction to schools of Indian Philosophy with an emphasis on: Nyaya, Vaisheshika, Sankhya and Yoga. Introduction of Panch Mahabhoot, Aatma, Mann, Kala & Disha, Samanya-Vishesh Sidhdhant & Karya-Karana Sidhdhant, various PRAMANA mentioned in Ayurvedic classics. Introduction to the authors of Bruhadtrayi & Laghutrayi and their contribution in detail.

2. Kriya Sharir and Rachna Sharir

Fundamental principles of Ayurvedic Science: Tridosha, Sapta Dhatu, Trimala, Triguna, Prakruti (Sharir & Manas), Loka-Purusha Samya, Srotas, Shadvidh Kriyakala & Oja. Prakrti- Sattva Vijñāna. Kosthanga Kriya Vijñāna. Modern Physiology and its applied aspect Physiology of Neuro-Immune-Endocrine Mechanisms. Introduction of Asthi, Sandhi, Dhamani, Shira, Peshi, Koshtha, Kala, Aashaya, Marma and Indriya with Classical as well as modern view. Radio-imaging of limbs, abdomen, pelvis and vertebral column with its clinical application. Surface anatomy of thoracic and abdominal viscera. Shastra Lakshan (Tantra), Tantraguna, Tantradosha, Tachitalya, Arthasraya, Kalpana. Anatomical Terminologies and all systems of human body and Rachna Shariri Vigyan according to classical texts.

3. Dravyaguna Vijnan

Introduction of Sapta Padartha of Dravyaguna Vijnana viz Dravya- Rasa- Guna- Virya- Vipaka- Prabhava and Karma with definition, type, various

commentaries and classical references. Brief information on Karmas of Dashemani Gana of Charak Samhita. Concept of Dravya Shodhan (purification of dravya), Apamishran (adulterants) & Abhava pratinidhi dravya (substitutes). Introduction, Definition & scope of Pharmacology and Principles of general Pharmacology. Introductory Knowledge of following Annapana Varga as per Bruhadtrayi & Laghutrayi: 1. Jala Varga 2. Dugdha Varga 3. Madhu Varga 4. Taila Varga 5. Sukadhanya Varga 6. Shamidhanya Varga 7. Phala Varga 8. Shaka Varga 9. Mamsa Varga 10. Aharayogi.

Basic knowledge of all basic drugs in respect of Sanskrit Name, Botanical Name, family, habit, part used and clinical aspect according to classical texts.

4. Agadtantra, Vyavahar-Ayurved Evum Vidhivaidyak

Definition of toxicology and poison, suicidal and homicidal poisons, classification of poisons, their action and route of administration, absorption, excretion, metabolism, diagnosis and general principles of treatment, duties of a medical practitioner in case of suspected poisoning. Manifestation of poisoning due to poisons of plant origin their fatal Dose, fatal period, management of poisoning, post mortem appearance and its medico legal importance. All aspects of Visha and Upavisha and Garavisha, Dooshivisha, Viruddhahara. Food adulteration and poisoning—classification, diagnosis, management and contemporary significance. Introduction to Narcotic drugs and Psychotropic Substances Act 1985. Ethics as in classical Texts. Types of Vaidya, Pranabhisara and Rogabhisara Vaidya, Qualities and Responsibilities of Vaidya, Chaturvidha Vaidyavrutti, Duties of Vaidya to his patient, Vaidya Sadvrittam, Apujya Vaidya, Code of conduct.

5. Rasashastra Evam Bhaishajyakalpana

Brief Description and Application of Technical terminologies (Paribhasha): Avapa, Nirvapa, Dhalana, Bhavana, Jarana, Murchana, Shodhana, Marana, Amrutikarana, Lohitikarana, Mruta Loha, Satwa Patana, Druti, Apunarbhava, Niruttha, Rekhapurna, Varitara. Samanya Shodhan & Marana of Sadharana Rasa, Maha Rasa, Upa Rasa, Ratna-Upratna & Dhatu. Aushadhi Yoga Gyanam- ingredients, manufacturing process & Bheshaj prayogvidhi. Panchavidha Kashaya Kalpana and other Kalpana: Kashaya Yoni, Swarasa, Kalka, Kwatha, Hima and Phanta, Pramathya, Aushadha siddha paniya, Tandulodaka, Laksha rasa, Mantha, Panaka, Arka, Churna, Rasakriya, Ghana, Phanita, Avaleha, Prasha, Gudapaka, Sharkara, Syrups, Ksheerapaka, Satva, Guggulu kalpana, Vati, Guti, Pinda, Modaka, Varti Preparation of Tablets, pills, capsule and Suppositories. Masi kalpana, Lavana kalpana, Kshara kalpana and Kshara sutra. Broad Knowledge of Ayurvedic formulary of India and Ayurvedic Pharmacopoeia of India and important all clinically used medicines, Rasa Kalpana and Bheshajya Kalpana Medicines.

6. Agrya Bhava from Chakra Samhita Sutra Sthana and other Classical Texts.

7. Roga Nidana

Definition and importance of Roganidana.; Samanya Lakshana of Dosha-Dhatu-Mala: Vriddhi and Kshaya; Hetu, Bheda and Lakshana of Agni Dushti; Definitions and Samanya Lakshana of Ama; Sama and nirama Dosha, Dushya Lakshana; Dosha Paka and Dhatu Paka Lakshana; Concept, classification, diagnosis and general complications of Avarana; Doshagati and Rogmarga; Detailed study of Srotomoola and Srotodushti Samanya and Vishishta Hetu Lakshana of all Srotas. Differences between Sroto Dushti and Kha Vaigunya. Difference between Roga and Rogi Pariksha. Importance of Nidan Panchaka (i.e Hetu, Purva Roopa, Rupa,

Upashaya / Anupashaya, Samprapti). Shat Kriyakaala. Relationship between Nidana Panchaka and Shat Kriyakaala. Systematic study of Nidana Panchaka & Chikitsa including Upadrava, Arishta and Sadhyasadyata of Pranavaha- Annavaha- Udakavaha-Rasavaha- Rajktavaha- Mansavaha- Medovaha- Ashthivaha- Majjavaha- Shukravaha- Mutravaha- Purishavaha- Swedavaha- Aartavavaha & Manovaha.

8. Swasthavritta

Classical and scientific view of Dincharya, Rhutucharya & Sadvrutta and Aahar, Nidra & Brahmacharya. Short introduction of Ashtang Yoga, Pranayam & Shatkriya. Short introduction of traditional & western Naturopathy science. Causes, Manifestations and control measures of Janapadodhwamsa. National health programmes.

9. Prasuti Tantra & Striroga

Stri Shariravijnan. Rajo Vigyana. Garbhagarbhini Vigyan. Prasava – Vigyan Prakrit prasav. Prasava vyapad. Jatamatra/ Navajata shishu paricharya. Sutika vigyana. Stree Rog vigyan. Prasuti–Streerog-Shalya KarmaYoni Vyapad: Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa. Vandhyatwa: Prakar, Nidana and Chikitsa. Sutika Paribhasha, Sutika Kaal & Sutika paricharya.

10. Kaumarbhritya and Balaroga

Scientific contribution of Kashyapa Samhita in Kaumarbhritya. Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders). Sahaja Madhumeha (Juvenile diabetes). Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and

Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency disorders, Hyper-vitaminosis, failure to thrive.

11. Samanya Chikitsa Siddhanta

Brief description of Sahajavyadhi (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate) Sanniruddha Guda (Anal stricture / imperforated anus), Pada Vikriti (Talipes equinovarus and valgus), Spina bifida, Meningocele, Meningomyelocele. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia.

12. Kayachikitsa

General introduction and principles of Management of diseases produced by Genetic, Environmental and Iatrogenic factors. Disorders due to drug and Food allergy and their management and other allergic conditions. Detailed description of Chikitsa Sutra and Management of Jwara and its types. Etiopathogenesis & relevant Ayurvedic and Modern management of following types of Fevers-Typhoid, Pneumonia, Pleurisy, Influenza, Mumps, Meningitis, Encephalitis, Tetanus, Yellow fever, Plague, Dengue Fever, Chikun Guniya, Leptospirosis, Viral Fever, Anthrax, Masurika (Small pox), Laghu Masurika (Chicken pox), Romantika (Measles). Description and Management of following Emergency Conditions- Acute Haemorrhage, Hypertensive Emergencies, Acute abdominal pain (Renal colic, Biliary colic, Gastritis, Pancreatitis, Peritonitis and Appendicitis), Acute Abdomen, Anuria/ Oliguria, Congestive Heart Failure, Myocardial Infarction/Angina, Shock, Syncope, Convulsions, Hyperpyrexia, Hyperglycaemia, Hypoglycaemia, Status Asthmaticus, Acute Respiratory Distress Syndrome, Drowning and Electric shock. Derivation, definition, synonyms and importance of Rasayana & Vajikarana (classical as well as modern view).

13. **Panchakarma**

Brief knowledge of Snehana, Swedana, Vamana, Virechana, Basti, Nasya, Raktamokshan & Sansarjankram as per Bruhadtrayi. Definition, Utility and Importance of Physiotherapy. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy. Detail knowledge of Tarpana, Putapaka, Anjana, Aaschyotan, Karnapoorana, Parisheka, Nasya, Kavala, Gandoosha, Pratisarana, Karna Dhoopana, Karna Prakshalan, ShiroBasti-Pichu-Abhyang.

14. **Shalya Tantra**

Knowledge of Ashtavidha Shastra Karma - Surgical procedures. **Agnikarma- Raktamokshana- Jaloukavacharana:** Mahatva, Upakarana, Vidhi, Akrti bheda, Yogya, Ayogya and Upadrava Chikitsa. Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of Arsh, Bhagandar, Vrana, Bhagna & Kushtha.

15. **Shalaky Tantra**

Shalaky Tantra Nirukati, Parichaya, Itihas and Pradhanyam. Comparative and critical study of rogas explained by various granthas. Syntactical derivation, definition and importance of the word "Shalaky". Available literature of Shalaky Tantra (Netra Rog vigyana, Shiro- Nasa- Karna - Kantha Roga Vigyan Maulik Siddhanta and Vangmaya and Danta and Mukha Roga) in Brihattrayi, Laghuttrayi, Yogaratnakar, Chakradutta, Bhel Samhita, Harita samhita and Kashyap samhita. Ayurvediya and Adhunik Netra Rog Vigyan. Recent Advances in Netra Chikitsa & Ophthalmology. Ayurvediya Adhunik and Shiro – Nasa - Karna - Kantha Roga Vigyan. Shiro- Nasa- Karna -Kantha Roga Vigyan Shalya Chikitsa. Ayurvediya and Adhunik Danta evum Mukha Rog Vijnana. Danta evum Mukha Rog Vijnana & Dentistry.

16. Regulatory framework and activities of following Organizations

Ministry of AYUSH, CCIM, CCRAS, Ayurvedic Pharmacopeia commission, NMPB, TKDL, CSIR, ICMR, WHO, UNICEF, RAV, GAU, Jamnagar, IPGT & RA, NIA & BHU.

17. Research Methodology

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

18. Current Trends and Recent Advancements in the field of Ayurveda.