

V. Syllabus for the post of Medical Officer AYUSH (Amchi)

Subjects: History of Sowa Rigpa & rTsa rGyud (Root Tantra)

Subjects: Fundamental of Sowa Rigpa (rTsa rGyud/Root Tantra)

1. Defining human body in healthy state.
2. Defining human body in diseased state.
3. Diagnosis of disorders by means of visual, palpation and interrogation.
4. Therapeutic measures against disorders of *Lhung*, *Tri-pa* and *Bad-kan* through diet, lifestyle, medicine and therapy.
5. Enumeration of body, mode of diagnosis and therapeutic measures by using the metaphors of Buddha tree

Subjects: Anatomy: (Luskyi gNes Lugs/Summary, embryology, anatomical similes)

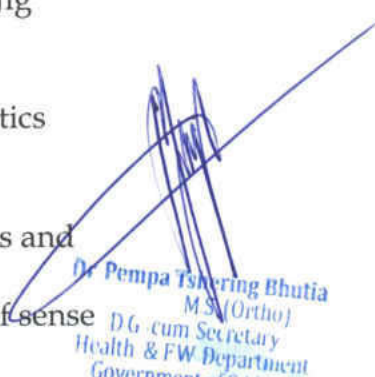
1. Basic summary of Explanatory Tantra
2. Causes of conception and how incomplete causative factors can turn into unfavorable condition
3. How causes give rise to results; detail development of fetus after conception
4. How to conduct gender transformation technique for those who long for a male child; correct time and signs for delivery
5. Structures of internal organs determined by drawing topographic lines are described through similes

Subjects: Physiology (Luskyi gNeslugs,/mThsen Nyid)

1. Proportion required of bodily constituents, stool, urine, perspiration and three principle energies of a healthy body
2. Manner of how network of channels are initially formed and how it function to exists the human body
3. Identification of various types of channels, definition, manner of interconnecting channels in the upper, lower, outer, inner parts of the body; defining three life channels
4. Purpose of knowing vulnerable parts of the body, locations of vulnerable parts of muscle tissue, bone, vital and vessel organs in the body and differences in vulnerability
5. Body orifices, nature of orifices and the manner of interconnecting the orifices to circulate blood, *Lhung* and bodily constituents and functions of orifices
6. Classification of *Nod-ja-kham* (basis of affliction) and their specific functions
7. Differences in power of *Me-drod* (digestive heat)
7. Origin of *Nod-ja Kham* , its synthesis and complete transformation of bodily constituents
8. Classification of *Nod-jed Nye-pa* (principle energies that afflicts harm), process of conception and varied constitutional types
9. Various level of digestive heat and bowel movement in accordance with different constitution

Subjects: Characteristics of disorders/Etiology (Lus Kyi Les Dang dByewa, Jig Tes/functions, classifications and omens of death)

1. Specific locations of three principle energies, its functions and characteristics
2. How sense organs perceive their respective objects
3. Classification of healthy and unhealthy, sex, age and constitutional type
4. Identifying signs of life and death of a patient through messenger, dreams and changing signs
5. Identifying imminent signs of death through general and specific signs of sense faculties and behavior
6. Dissolution of five elements and ceasing the functions of five sense faculties and its signs
7. Certain and uncertain signs of death and ways of averting signs of death


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Subject: Tibetan Language and literature

1. Situe Shel lung sumchu pa dang rTags Kyi Jugs pa (First part)
2. mNon brJod rGya mTsoe chu thigs (First part)
3. rTsom rig jung phel gis lod rGyud sKaps dang po

Subjects: History of Sowa Rigpa, rTsa rGyud (Pheldrip Nad/Causes and Conditions)

1. Diagnosis of distant, proximate and specific causes of disorder
2. Arising and spreading of disorders due to inadequate, excess and adverse effects in terms of seasons, sensory organs and lifestyle
3. Accumulation and manifestation of disorders

Subjects: Fundamental of Sowa Rigpa (Pheldrip Nad/Entrance,Chracteristics)

1. General and specific condition which brings disturbance of three principle energies
2. Mode of entrance of accumulated disorders aroused by conditions and location of disorders

Subjects: Anatomy (Pheldrip Nad/Classification of disorders)

1. Classification of diseases on the basis of causes
2. Classification of diseases on the basis of Sex
3. Classification of 404 different disorders etc

Subjects: Philosophy (Thamal Nad Med, Nespa dNos sTon /Healthy and Actual Diagnosis)

1. Prevention and Precaution of the diseases
2. Rejuvenation for old ages
3. Actual diagnosis of the diseases

Subjects: Characteristic of disorders (Nyen gYo sKyontak, Pang sLang Mushi/Diagnostic techniques of)disorders)

1. Diagnostic techniques of revailing the diseases
2. Diagnostic techniques of differentiating diseases for proper treatment

Subject: Tibetan Language and literature

1. Situe Shel lung sumchu pa dang rTags Kyi Jugs pa (Second part)
2. rTsom rig jung phel gis lod rGyud (Second part)

Subjects: Community Medicine (Routine behavioral regimen, seasonal and incidental behavioral regimen)

1. Routine behavioral regimen to prevent disorders and to cure disorders
2. Virtuous worldly conducts and spiritual practices
3. Determining two aspects of solar movements, and its relevant behaviors
4. Characteristic features of six seasons and their compatible diets and behaviors
5. Negative effects of not attending to thirteen incidental behaviors
6. Symptoms and treatments of disturbed incidental behaviors

Subjects: Dietics (Dietary mode, restrictions, precaution and limitation)

1. Characteristic features and benefits of awned and leguminous categories of grains
2. General and specific types of meats; specific characteristics of each type of meat and their medicinal value
3. Characteristic features and benefits of fats
4. General and specific characteristic and benefits of each type of vegetables
5. Benefits of cooked food and methods of cooking

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6. General and specific benefits of drinks like water, *chang*, milk, etc
7. Signs of poisoned foods and how to protect from it
8. How to restrict from incompatible foods and how food poison is caused
9. Correct intake of food and restoration of digestive heat, etc.

Subjects: Taste, post- digestive taste, potency, category of medicine, methods of compounding medicines.

1. Element, classification, nature and function of taste of medicine acts as the basis of its action
2. Qualities of five elements from which taste originates and their action; qualities and potencies of each taste which acts against each disorder.
3. Classifying groups of medicine on the basis of taste and potencies of post-digestive taste after coming into contact with digestive heat
4. Differences in the potency of medicine based on the difference of potency, strength and quality of each taste
5. Classifying groups of medicinal substances on the basis of specific disorders
6. Classification of compounding medicines on the basis of taste and quality

Subjects: sByorwa sMan-I-Materia Medica (Plant Kingdom)

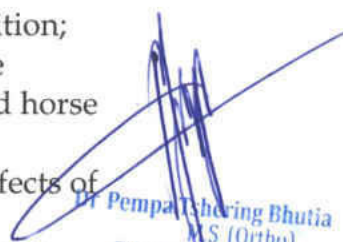
1. Differences in the potency of medicine based on the difference of potency, strength and quality of each taste
2. Identification, characteristics and potencies of stone, gem medicines and aromatic medicines
3. Characteristic, potencies and sub classifications of tree and herbal medicines
4. Characteristics and potencies of groups of salt medicines and medicines derived from grains
5. Characteristic and efficacy of groups of liquid medicines, calcinated and concentrated medicine and hot medicine

Subjects: sByorwa sMan-II/Materia Medica -II (Animal Kingdom)

1. Differences in the potency of medicine based on the difference of potency, strength and quality of each taste
2. Identification, characteristics and potencies of Metals, Minerals and medicines derived from animal kingdom
3. Sub classifications of the Metal, Minerals and animal kingdom

Subjects: gSo tsul Shad pa (Therapeutic Principle)

1. Advantages of knowing importance of treatment and its disadvantages of not knowing
2. How to treat a disorder and remedial measures
3. Signs of recuperation and specific treatments of disorders associated with indigestion
4. Remedial measure that pacify disorders of singular nature without harming or disturbing others
5. Treatment of dependent nature and complicated disorder by treating first the critical condition based on its severity
6. Treatment of doubtful natured disorder after ascertaining them by trial; treatment of definite natured disorders by pronouncing them clearly about its condition; treatment of disorder which does not respond to remedy by following the pathways of disorders carefully and treating them like overpowering wild horse after trapping it
7. Healing of disorder based on nature of inadequate, excess and adverse effects of prior treatment
8. Various methods of treatment like treating a singular disorder like vanquishing an enemy, dual natured disorder like restoring a dynamic equilibrium and general disorder through ten modules of treatment
9. Promotion of physical strength by building up the body, and shedding weight means of fasting
10. Therapeutic measures for treating each of three energies individually with remedial measures of diet, lifestyle, medicine and therapy respectively to prevent relapse


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Subjects: bShad rGyud (Explanatory Tantra): gSowa po sMenpa

1. Requirement of intelligence and mental stability for physician's wisdom
2. Practicing of four immeasurable through generating two motivations for enlightenment
3. How to maintain six mental obligations of physician
4. Dexterity in the role of physician's body, mind and speech
5. Diligence for fulfillment of one's own need and other's
6. Proficiency in social ethics, spiritual conduct and conduct that is combination of both
7. Nature and definition of *men-pa* (physician)
8. General and specific classifications of physician
9. Action of physician's body, mind and speech
10. Ripening of transient and ultimate rewards of being a physician⁶.

Subjects: Phyimai' rGyud-Zi-Ched sMan Gi mDo (Decoction, powder compound, Pill, paste, medicinal butter, Calcinated powder, concentrated decoction and medicinal beverage, Gem compound, Herbal compound)

1. Features and classifications of decoction; specific classifications of hot and cold compounds and its benefits
2. Various powder compound including the king like cold compound of *gabur* and minister like cold compound of *gurgum*
3. Chief like cold compound based on highly cool natured ingredients derived directly from herbs or its essence; mass like miscellaneous cold compound
4. Various powder compound including king like hot compound containing mainly of *se-du* and the various minister like hot compound mainly based on *da-li*
5. Chief like hot compound of *goed-ma-kha* and other mass like miscellaneous hot compound
6. Characteristics and methods of compounding pill and medium for taking pill
7. Pill compound of *Garuda 5* and its additional compound, methods of preparation, recipe, appropriate time for consumption, dosage and its benefits

Subjects: Medicinal paste, butter, calcinated powder, concentrated decoction

1. Characteristics, general methods of preparation and manners of taking paste medicine
2. Methods of compounding essential paste medicines to treat chronic and turbid fever
3. Methods of compounding paste medicine to treat cold disorders like edema and piles
4. Characteristics of medicinal butter; formulation of *tik-ta* medicinal butter in treating hot disorder like *Tri-pa* while cleaning generalized edema in variety of its potency
5. Characteristics of calcinated powder compound and methods of formulating sharp, mild and medium potency compound in general
6. Formulations of great, medium and minor calcite preparation; formulations of specific calcinated powder compound
7. Preparation of container and furnace to calcinate medicinal ingredients into powder, processing time and post calcination practice
8. Objectives of preparing concentrated decoction in general; formulations and benefits of concentrated decoction in treating hot disorders

Subjects: Phymai-rGyud kyi Zi Ched sMen gyi mDo)

1. Characteristics of medicinal beverage in general and various medicinal beverage formulations like honey beverage in treating chronic menstrual disorder due to *Lhung* disturbance, accumulation of excess lymph in the joint, etc.
2. Formulation of medicinal beverage from *so-lo* in removing fever associated with *Lhung*; formulation of medicinal beverage prepared from cooked dough in treating obstruction of urine and restoration of heat of lower part of the

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- body; methods of cooking and fermenting medicinal beverage
3. Objectives and features of gem compound; practical on precious compound formulation
4. Practice on nine modes of treating precious cold compound
5. Compounding of precious mineral and metal and its post processing activities
6. Practice on processing and compounding of mercury
7. Practice on hot and cold processing of mercury
8. Practice on treating and incinerating mercury through application of eight consuming essences
9. Methods of treating and incinerating mercury through application of eight binding metals
10. Different types of Herbal compounds and its application

Subjects: *phyi ma'i rgyud gi rTaks thaps* (Pulse diagnosis and Urine analysis)

1. Preliminaries of diet and lifestyle instructions, time of pulse reading, place of pulse reading, amount of pressure to be applied on the pulse and how to read pulse
2. Identifying three constitutional pulse and calculating four seasonal pulse in relation to five elements and defining its good or bad implication
3. Examining seven wondrous pulse for forecasting family matter, etc.
4. Difference between healthy and unhealthy pulse
5. Identifying different disorder through various nature of pulse and specifically examining disorders related to vital and vessel organ
6. Methods of examining death pulse and life-force pulse; characteristics of evil spirit pulse and identifying the specific evil spirit and its remedial measures
7. Preliminaries on diet and lifestyle instruction for urinalysis
8. Appropriate time and container for urinalysis and synthesis of urine
9. General and specific characteristics of healthy and unhealthy urine
10. Characteristics of death urine; identifying evil spirits through urine and its remedial measures

Subjects; *Man ngag rgyud Nyespa gSum* (Three humours):

1. Summary of the Oral Instruction Tantra
2. Causes, condition and classification of *Lhung* disorder and its diagnosis through pulse, urine and physical examination
3. Treatment of *Lhung* disorder through diet, lifestyle, medicine and therapies
4. Diagnosis of *Tri-pa* and its causes, condition and classification
5. Treatment of *Tri-pa* disorder through diet, lifestyle, medicine and therapies
6. Causes, conditions, classification and diagnosis of *Bad-kan* disorder
7. Treatment of *Bad-kan* disorder through diet, lifestyle, medicine and therapies
8. Causes, conditions, nature, location, and stages of *muk-po*
9. Types and sub classification of *muk-po* and its diagnosis through pulse, urine, symptoms,
10. stages and through suitable and harmful effects of diet and lifestyle
10. Treatment of general and specific *muk-po* through diet, lifestyle, medicines and therapies
11. Treatment of stomach and liver based on the specific location of *muk-po*
12. Treatment of acute and subtypes of *muk-po*
14. Post treatment therapy to prevent relapse of *muk-po*

Subjects: *bShad rGyud* (Internal Disorders- Indigestion, Tumors. Anemia, Dropsy, Ascites):

1. Causes, conditions, pathogenesis, and classification of indigestion which is the root cause of entire abdominal disorders
2. Identification of indigestion based on general and specific diagnostic methods; general treatments based on the severity of indigestion
3. Specific treatments of indigestion based on its nature, types, association, etc.
4. Causes, conditions, pathogenesis, classification, and diagnostic methods of tumor
5. Treatment of internal, interstitial and external tumors having hot and cold nature

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- through diet, lifestyle, medicine and therapy
 6. Pathogenesis, classification, and diagnostic methods of general edema
 7. General and specific treatments of general edema
 8. Causes, conditions, classification, general and specific diagnostic methods through pulse reading, urine analysis and physical examination of localized edema
 9. Treatment of general and specific types of localized edema through diets, lifestyles, medicines and external therapies
 10. Pathogenesis, causes, conditions, classification, and diagnostic methods of ascites
 11. Five modes of treatments of ascites like changing of its drainage channels, etc.; treatment for specific types of ascites
 12. Causes, conditions, signs and symptoms, and classification of chronic consumption
 13. Treatments for general and specific types of chronic consumption through diets, lifestyles, medicines, and therapies
- Subjects: Tsawa gSowa (General Specific Fevers)

1. Causes, conditions, nature, definition, and purpose of knowing principle of treatments of general hot disorder
2. Understanding general and specific hot disorder through diagnostic methods of pulse reading, urine analysis, and physical examinations
3. Remedies to treat general and specific hot disorder as well as its complications through diets, lifestyles, medicines, and therapies
4. Ten aspects of diagnostic methods; five-fold appearances of deceptive states of hot and cold disorders
5. Identifying five appearances of deceptive states based on ten aspects of diagnostic methods
6. Resolving appearances of deceptive states in accordance with ten aspects of diagnosis based on symptoms and nature of the disorder, diagnostic methods that enable correct identification of the deceptive states of hot and cold disorders
7. Controlling hot disorder associated with *Lhung* made before the arrival of its border; controlling fever associated with *Tri-pa* made on the arrival of its border
8. Controlling hot disorder associated with *Bad-kan* made after the arrival of its border line; methods to overcome misdiagnosis of regarding all three borders as one
9. Causes, conditions, nature, definition, classification, and diagnostic methods of un-ripened hot disorder
10. Using ripening agents like decoction, etc. to ripen the hot disorder; treatment through diets, medicines, and lifestyles having balanced potency in accordance to the nature of disease
11. Causes, conditions, nature, definition, classification and diagnostic methods of general and specific acute hot disorder
12. Treatment of general and specific acute hot disorder like overpowering severe acute hot disorder instantly and smoothly pacifying mild acute hot disorder
13. Causes, conditions, nature, definition, and signs and symptoms of empty hot disorder
14. Principle of treatment for empty fever through four remedial measures of diets, lifestyles, medicines, and therapies; treatment of empty hot disorder through metaphorical means of fighting equally against two strong men; treatment of empty channel disorder through metaphorical means of deploying spies on the secret path of foes; treatment of empty *Lhung* disorder through metaphorical means of bringing down the crazy person on ground
15. Causes, conditions, nature, definition, and classification of hidden hot disorder; diagnostic methods for identifying general and specific types of hidden hot disorder based on its signs and symptoms
16. Methods of treatment against general and specific hidden hot disorder like remedies to expel fever out of body, etc.
17. Causes, conditions, nature, definition, classification and treatment of chronic hot disorder after separating the hot disorder which has ridden the bodily constituents
18. Causes, conditions, nature, definition, classification and diagnostic methods of turbid hot disorder
19. Diagnosis of turbid hot disorder through pulse, urine analysis, and physical examination

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20. Treatment of general and specific types of turbid hot disorder including the method of drying out the excess lymph in its own place
21. Causes, conditions, nature, definition, classification, signs and symptoms of general and specific types of dispersed hot disorder
22. Treatment for general and specific types of dispersed hot disorder through decoction, powder, and venesection, etc.
23. Causes, conditions, nature, definition, classification, signs and symptoms of general and specific types of disturbed hot disorder
24. Treatments of general and specific types of disturbed hot disorder
25. Causes, conditions, nature, definition, and classification of contagious hot disorder, through identification of contagious hot disorder by general and specific methods of diagnosis
26. Treatment of general and specific types of contagious hot disorder
27. Causes, conditions, nature, definition, types, signs and symptoms of smallpox
28. Treatment of general and specific types of smallpox based on its type and location
29. Causes, nature, classification, and diagnostic methods of contagious intestinal disorders
30. Treatment of general and specific types of contagious intestinal disorders protecting the mucosa lining of vessel organs while extinguishing the fire of *Tripa*, etc.
31. Causes, conditions, classification, and detailed diagnostic methods of diphtheria and inflammation of muscles including pulse reading, urine analysis, palpation, etc.
32. General treatments for diphtheria and inflammation of muscles includes adopting proper diets and lifestyles, medical means to cure, and performing purgation; specific treatments for the inflammation of muscles includes two methods of application of ointment and performance of moxabustion; specific treatments for diphtheria includes three methods of pacification, melting, and cutting
33. Causes, conditions, nature, definition, classification, signs and symptoms, and treatments of general and specific types of common cold

Subjects: Lus Stod Sowa (Disorders of Sense Organ)

1. Causes, conditions, classification, and diagnostic methods through pulse reading, urine analysis, physical examination of head disorder
2. Treatment of major head disorders caused by disorder of *Lhung* and lymph nodes, etc.
3. Causes, conditions, classification, diagnostic methods of eye disorders
4. Treatment for general eyes disorders through four remedial measures of medicines, therapies, diets and lifestyles
5. Treatment of eyes disorders, especially removing the cataract of eyes with golden scoop
6. Causes, conditions, classification, and diagnostic methods of ears disorders
7. Treatments of ears disorders like secretion of pus, perforation, etc.
8. Causes, conditions, classification, diagnostic methods, and treatments of nose disorders such as nose bleeding, and surgical means to treat the nasal polyps through drilling and cutting, etc.
9. Causes, conditions, classification, signs and symptoms, and treatment of mouth disorders
10. Causes, conditions, classification, specific diagnostic methods, treatments for general and specific types of goiter through medicines, therapies, and mantras, etc.

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Subjects: Don sNod Sowa & gSang Nad (Disorders of Thorax, Abdomen disorders including heart, lungs, liver, spleen, and kidneys Disorders of stomach, small intestine, colon, and genital organs & Genital organs)

1. Causes, conditions, classification, diagnostic methods of cardiac diseases
2. Methods of treatment against specific types of heart diseases such as *Ning choe*
3. Causes, condition, diagnostic methods such as pulse reading, urine analysis, and physical examination of pulmonary diseases
4. Methods of treatment against general and specific types of pulmonary diseases.

5. Causes, condition, classification, and diagnosis of hepatic diseases
6. Methods of treatment against hepatic diseases based on hot and cold nature
7. Causes, conditions, classification, and diagnostic methods of spleen diseases
8. Methods of treatment for general and specific types of spleen diseases such as *tharg-boe*
9. Causes, conditions, classification, and diagnostic methods of kidneys diseases
10. Treatment for general and specific types of kidneys diseases
11. Causes, conditions, classification, and diagnostic methods of stomach diseases
12. Methods of treatment against general and specific types of stomach diseases
13. Causes, conditions and diagnostic methods of small intestinal diseases
14. Treatment for specific types of small intestinal diseases such as *gyu-ghag*
15. Causes, conditions, classification and diagnostic methods of colon diseases; method of treatment against colon diseases like *dang-boe*, etc.
16. Causes, conditions, classification and diagnosis of male genital disorders
17. Methods of treatment of male genital disorders such as *soe-sin* which needs to be venesected and drained at initial and matured stage respectively, etc.
18. Causes, conditions, and classification of female genital disorders
19. Diagnostic methods for female genital disorders through pulse reading, urine analysis, physical examination, etc.
20. Treatments of female genital disorders such as clearing and dilation of tangled and closed passage respectively

Subject: Thornad gSowa (Minor Diseases)

1. Causes, condition, classification, signs and symptoms of hoarseness of voice, as well as treatments for specific types of hoarseness of voice
2. Causes, condition, pathogenesis, classification, and method of treatment of anorexia
3. Causes, condition, classification, signs and symptoms and method of treatment of thirst
4. Causes, conditions, classification, signs and symptoms and method of treatment of hiccup
5. Causes, conditions, classification, signs and symptoms and method of treatment of asthma
6. Causes, conditions, of general and specific types of abdominal cramps; classification and methods of diagnosis through pulse reading, urine analysis, and physical examination, etc
7. Treatments for specific types of abdominal cramps, etc.
8. Causes, condition, classification, and diagnostic methods of internal and external *Sin*
9. Remedial measures to treat external *sin* disorder like lice infestation, etc.
10. Remedial measures to treat internal *sin* disorder like microorganism of teeth, eyes, skin etc.

Subjects:: Man ngag rgyud Thornad (Minor Diseases):

1. Causes, conditions, classification, signs and symptoms, and method of treatment of vomiting
2. Causes, conditions, classification, signs and symptoms, and method of treatment of diarrhea
3. Causes, conditions, classification, signs and symptoms of general and specific types of constipation, and its methods of treatments
4. Causes, conditions, classification, signs and symptoms, and method of treatment of complete obstruction of urine
5. Causes, conditions, classification, signs and symptoms, and method of treatments of *Chin-nyi* along with its complications
6. Causes, conditions, classification, signs and symptoms, and method of treatment of dysentery

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Subjects: Man ngag rgyud Thornad sDetsen gSumpa (Gout, Airthritis, Serum, Nervers disorders, Skin, Minor diseases):

1. Causes, conditions, classification, signs and symptoms, and method of treatment of Gout
2. Causes, conditions, classification, signs and symptoms, and method of treatment of Aithritis
3. Causes, conditions, classification, signs and symptoms, and method of treatment of Serum disorders
4. Causes, conditions, classification, signs and symptoms, and method of treatment of Nerves disorders
5. Causes, conditions, classification, signs and symptoms, and method of treatment of Skin Diseases
6. Causes, conditions, classification, signs and symptoms, and method of treatment of Minor Diseases

Subjects: Lhan sKes rMa (Cancer, hemorrhoid, Me-val, Surya, disorder of lymph nodes, swelling of scrotum, Filariases, perineal fistula)

1. Causes, conditions, classification, diagnostic methods including pulse reading, urine analysis, and physical examination, etc. of cancer
2. Various methods of treatment against cancer like dissolving the external cancer, etc.
3. Causes, conditions, classification, and diagnosing general and specific types of piles that are either easily curable or hard to cure
4. Treatments of hemorrhoids through four remedial measures of medicines, therapies, diets, and lifestyles
5. Causes, conditions, classification, location, diagnostic methods, and treatments including venesection, purgative therapies, etc. of *me-val*
6. Conditions, classifications, and signs and symptoms of general and specific *surya*
7. Method of treatment against general and specific types of *surya* like performing therapies to reduce inflammation or deploying materials to suppurate the inflammation, etc.
8. Causes, conditions, classification and diagnostic methods of lymph node disorder
9. Method of treatment like suppuration in the initial stage where the intensity of disorder is not acute, etc.
10. Causes, conditions, classification and diagnostic methods of swelling of scrotum
11. Method of specific treatment of swelling of scrotum like draining the fat deposit and its procedure of suturing, etc.
12. Causes, conditions, classification and diagnostic methods like pulse reading, urine analysis, and physical examinations of *kang-bam*
13. Treatment of common and uncommon types of *kang-bam*

Subjects: Man ngag rgyud byis pa gso wa (Neonatal care and pediatrics)

1. Initial neonatal cares includes utterance of auspicious words at the time of delivery and method of cutting umbilical cords, etc.
2. Neonatal cares including performing ritual offering and erecting models of guardian angels for the protection of newborns, etc.
3. Neonatal cares related to growth of teeth, providing soothing remedies for teeth growth, and methods of dismantling the models of guardian angels, etc.
4. Causes, conditions, classification, and diagnostic methods of minor, major and common types of pediatric disorders
5. Principle of treatments for general disorders of pediatrics through four remedial measures of diets, lifestyles, medicines, and therapies
6. Remedies against gross pediatric disorders such as vomiting, and diarrhea, etc.
7. Treatment for subtle disorders such as swelling of heads and common eyes disorders, etc.
8. Classification and diagnostic methods of disorders influenced by evil spirits.
9. Mild treatments against evil spirit like performing external applications and fastening etc.
10. Drastic treatments against evil spirit like suppressing, burning, and surrounding the effigy etc.

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Subjects: Man ngag rgyud Monad Sowa (Gynaecological and Obstetrics Disorders)

1. Causes, condition, classification, and diagnosis of general gynecological disorders
2. Treatments for *khirag tsab* (a serious condition caused by menstruation disorder) which includes purgation and channel cleansing, etc.
3. Treatments for *Lhung tsab* which includes skillful means of administering meat and medicine that built physical strength, etc.
4. Classification and diagnostic methods of specific types of gynecological disorder
5. Treatments for *khirag tsab* associated with liver or spleen, etc.
6. Treatment for *lhung tsab* associated with bones, etc; *tsab tren* such as growth in uterus, etc.
7. Treatments for microorganism diseases like active and enraged microorganisms in uterus; classification of post partum disorders
8. Methods to correct breeched baby and presentations of a fetus; treatments of morning sickness; management of abortion; methods to overcome difficult labor
9. Methods to remove dead fetus and placenta, managing prolapsed uterus; controlling excessive bleedings after delivery
10. Symptoms and treatments of accumulation of remnant disorder from delivery and *lug thab* (post partum fever induced by *Tri-pa* disorder)

Fundamental texts and main references:

Subjects: Smen-Jor Nue-Pa Chok-Due Phendey Jungney, Clinical Medicines, A
Supplement text (Collection of potencies of medicine) sMen Ngag rGyud
Dhuk and gDhon

1. Study of symptoms of various diseases in gist.
2. Categorizing various diseases in its common causes and common symptoms.
3. Study of different pills, powders, decoctions and precious pills in its alphabetical orders.
4. Study of potencies of pills, powders, decoctions and precious pills.
5. Causes, conditions, classification, signs and symptoms, and method of treatment of Evil sprits/Demons
6. Causes, conditions, classification, signs and symptoms, and method of treatment of Insanity and Epilepsy
7. Causes, conditions, classification, signs and symptoms, and method of treatment of Stroke and Leprosy

Subjects: Dhuk gSowa (Toxicology)

1. Causes, conditions, classification, signs and symptoms, and method of treatment of Toxicosis
2. Causes, conditions, classification, signs and symptoms, and method of treatment of Food poisoning
3. Causes, conditions, classification, signs and symptoms, and method of treatment of Nature and animal poisons.

Subjects-sMen Ngag rGyud Rotsa dang Chudlen (Rejuvenation and Virification)

1. Rejuvenation for old ages
2. Virification of the adults

Subjects: rTsub rChad & rMa Sowa (Wounds and Surgical Therapy)

1. Causes, conditions and definition of injuries caused by weapons/external objects
2. Types, location, classification and manner of transformation of wounds and injuries
3. Examining damages of wounds and injuries, identifying the level of seriousness of the case and examination of vulnerable sites
4. General treatment of wounds and injuries including controlling of swelling, healing cuts, healing necrosis, diet and behavioral pattern


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5. Specific treatment of wounds and injuries including healing of abrasion, suturing of cuts, joining the separate parts, cutting the dangled part, healing and setting the fracture, etc.

Subjects: rTsub rChad &rMa Sowa (Wounds and Surgical Therapy Head and Neck)

1. Anatomical structure of head, brain, muscles of head, channels, cranium, etc.
2. Examination of severity of the injury based on the nature of weapon and location of the injury, etc.
3. King like condensed treatment of healing through melted essence, diet and medicine; minister like moxabustion treatment; mass like treatment of cutting
4. Treatment of injury of muscles including abrasion, cut, amputation and other specific treatment of bone, brain, channels, etc.
5. Physical structure of muscle, bone, ligaments and tendons of the neck and their treatment of injury

Subjects: rTsub rChad &rMa Sowa (Wounds and Surgical Therapy of Abdomen)

1. Skeletal, muscular, circulatory channels and vulnerable parts of abdomen
2. Cavities and vulnerability of wounds and injuries based on the site of infliction
3. Assessment of infliction on vital and vessel organ through observation of sound, movement, pulse and urine
4. Application of balm and extraction of foreign object
5. Various procedures of attending a wound based on different site of body
6. Special treatment of wounds and injuries inflicted on vital organs
7. Principle on the treatment of wound based on the nature of weapon and season
8. Special treatment of wounds and injuries inflicted on vessel organs

Subjects: Yanlag gyi rMa gSowa (Wounds and Surgical Therapy of Limbs)

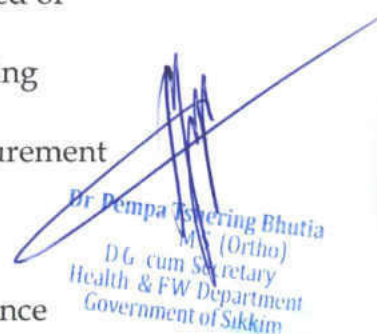
1. Anatomical structure of muscles and lymph nodes
2. Network of channels on limbs and anatomical structure of bone marrow
3. Anatomical structure of bones, joints, ligaments and tendons
4. Anatomical structure of muscle and channel on limbs; general and specific signs and symptoms of wound and injury inflicted on vulnerable site
5. Treatment based on progressiveness of wound
6. Management of wound and injury by restricting the movement of patient based on various site of infliction
7. Examination and extraction of foreign object; controlling infection and inflammation
8. Management and treatment of pus and serous fluid formed due to injury
9. Different ways of managing and resetting the fracture
10. Management of dislocation of joints

Subjects: Phyima'i rGyud and bShe rGyud (General and specific surgery)

1. Features and benefits of surgical therapy
2. Observing the disorder against which surgical therapy should be applied or avoided; methods of using the appropriate instrument
3. General and specific points for using the surgical instrument; maintaining physical posture while using the surgical instrument
4. Methods of surgical therapy, its various surgical procedures and measurement

Subjects: Phyima'i rGyud gyi gTar bSek (Moxabustion and Venesection)

1. Acquiring surgical instrument with appropriate size and shape in accordance with the site where venesection is to be applied
2. Recognizing the general and specific basis on which venesection should be applied
3. Methods of segregation between diseased and essence blood; tourniquet and its application


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4. Amount of blood to be venesected based on the strength of patient; removal of hindrance for not having blood during venesection
5. Methods to stop the blood flow. Benefits and harmful effect of venesection; post therapy practice in healing and avoiding loss of speech due to increase of Lung disorder
6. How moxabustion came into practice; purpose and benefits of moxabustion; instrument and tools required for moxabustion
7. Disorders on which moxabustion should be applied or avoided
8. Application of different method of moxabustion like intense burning, mild burning, heating and touch in accordance with the nature of disorder and the site of body
9. Establishing the point of moxabustion based on the nature of disorder
10. How to conduct post therapy practice and benefits of moxabustion

Subjects: Phyima'i rGyud Las Nga (Oil therapy, purgation, Emesis and nasal therapy)

1. Objective of oil therapy as preliminary to five evacuative therapies; indications and contra- indications of oil therapy
2. Actual application of oil therapy; different types of oil required as per the disorders.
3. How to use oil therapy to cleanse defects of *nye-pa* and to enhance its medicinal value
4. Understanding the basis of disorder on which purgation should be applied or avoided; understanding the time when purgation should be applied or avoided and understanding the strength of patient whether purgation can be sustained or not
5. Untangling the disorder and testing the state of bowel as preliminary for usual administration of purgation
6. Practice and compounding of mild purgation against weak and pregnant patient, and sharp purgation against strong constitution
7. Basis on which emesis should be applied or avoided; administration of preliminary of emesis where required
8. Administration of emesis where preliminary is not required or in emergency cases
9. The Compounding of main and other formulations for emesis; different methods of administering emesis
10. Instant administration of emesis and managing emesis as per the strength of patient and nature of disorder
11. Procedure to manage and treat cases of over administration of emesis; benefits and procedure of post therapy practice
12. Basis on which nasal therapy should be applied or avoided; compounding of main and other formulations for nasal therapy
13. Methods of administration of nasal therapy; basis on which nasal cleansing should be applied or avoided; various compounds for nasal cleansing
14. Methods of administration of nasal cleansing; procedure to manage and treat cases of over administration of nasal cleansing which results into loss of blood

Subjects: Phyima rGyud (Mild enema. Enema and channel cleansing)

1. Basis on which mild enema should be applied or avoided; different types of compounds for mild enema
2. Physical posture during mild enema; methods of administering mild enema and its benefits
3. Basis on which enema should be applied or avoided; methods of applying enema
4. Methods of compounding different types of medication for enema.
5. Features and aims of channel cleansing
6. Preliminaries for channel cleansing and opening of channel
7. Compounding and process of applying perforating medicine
8. Process of applying clearing medicine and sharp arousing medicine (*Jang-pa's* tradition)
9. Instructions on compounding of medicine for channel cleansing which is maneuvered and regulated as per the vulnerable site

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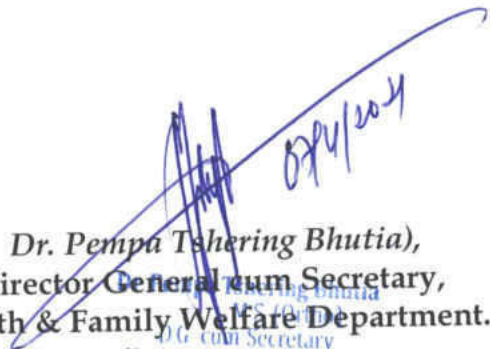
10. Actual administration of channel cleansing in accordance with suitable place and season; signs of successful channel cleansing
11. Post therapy practice of tapping and suppressing to avoid relapse
12. Benefits and post therapy care of channel cleansing

Subjects: Pyima rGyud rGyud Jam ched (Compression, bath therapy and juk-pa/oil massage and lotion)

1. Features of compression; observing the bases on which compression should be applied or avoided
2. Methods and benefits of cold compression and hot compression
3. Features and objectives of bath therapy; observing the disorder against which bath therapy should be applied or avoided
4. Recognizing the special features of natural hot spring and how to apply the therapy
5. Preparation and compounding of man-made bath therapy
6. Cooking and fermenting the compound for bath therapy; actual application of bath therapy
7. Observing the bases on which *Juk-pa* should be applied or avoided
8. Disorders on which oil massage should be applied and its method
9. Bases on which application of lotion should be applied and its method
10. Compounding of various formulation for *Juk-pa*

Subjects: rGyud bShi Jugdon and Yong Tedh (Summary and Conclusion of the Four Tantra)

1. Summary of the Four Tantra
2. Conclusion of the Four Tantra


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