

SYLLABUS

- Anatomy & physiology of heart. (Anatomy, circulation & nerve supply, action potential & cardiac cycle/physiological compensatory mechanism & applied anatomy of Ayurveda)
- Basic Principles of Ayurveda (vat-pitta-kapha) & basic principles of homeopathy.
- Pathophysiology of CAD/ ISCHEMIA/ MI (Modern & Ayurvedic view/causes of heart disease/ atheroma/atherosclerosis/sign & symptoms of heart disease / ras dushti & hrudya/Gulma-types of gulma/patho-physiology of gulma/hrudrog & its type)
- Cardiac disorder – valvular heart diseases
(Definition of heart failure, signs, symptoms, neurohormonal changes, valvular heart disease causes, symptoms, prevalence/chronic & acute valvular heart disease)
- Risk factors
(Hypertension - Incidences and prevalence, causes, Pathophysiology, symptoms, effects on the heart and measures, Diabetes Mellitus - Incidences and prevalence, causes, Pathophysiology, symptoms, effects on the heart and measures ,sedentary lifestyle- Incidences and prevalence, causes, Pathophysiology, symptoms, effects on the heart and measures, Obesity - Incidences and prevalence, causes, smoking & alcohol)
- Case taking approaches (as per Modern-Ayurvedic-Homeopathy)
- Important diagnostic procedures in heart disease
(Invasive & non invasive – ECG. Stress test, 2-D echo, contrast 2D echo, 6 min walk test, cardiac MRI, cardiovascular cartography, stress thallium test, Angiography etc.)

- Modern pharmacology ,Ayurvedic dravyagun & homeopathic materia medica (Drugs- as per modern, Anticoagulants, direct vasodilator, antiplatelet drugs, sympathoplegic agents, ACE inhibitor, diuretics, Inotropes & cardiotonic medication, its mechanism of action, indication, effects & side effect, dose ,Ayurvedic drugs - properties, mode of action, indication ,effects& side effects, dose. Drugs- hrudya, shodhar, mutral, grahi, deepan, rasayan, mutravishodhan etc.

E.g.arjun,dadim,sharpunkha,punarnava,gokshur,sunthi,dalchini,mastulung,pi mpali etc .& homeopathic drugs- properties, indication, effects, side effects, dose. etc. E.g.- digitalis, cactus grandiflorus, calmia latifolia, cholestinum etc.)

- BLS & CPR (Basic life support and Cardiopulmonary Resuscitation-Adult BSL sequence, Bag –mask ventilation medical emergencies & management- acute cardiac arrest & management, acute left ventricular failure, acute myocardial infarct & its management.)
- Recent advances in cardiology
 - (Other Treatment available to treat cardiac ailment like Angioplasty, Coronary Bypass Surgery, Enhanced External Counter Pulsation (EECP), Chelation Therapy etc.)
- Shaman & shodhan chikitsa (langhan/bruhanadi chikitsa and shodhanadi chikitsa - panchkarma treatment)
- Panchkarma treatment modalities & specific panchkarma treatment in heart disease.(snehan and its types, Abhyang, indication contraindication, proper snehan & its effect, swedan –its types, indications & contraindications & its effect, vaman, virechan, basti, nasya& raktmokshan, hrudya dhara, hruday lepa, pinda sweda,tail droni, treatment principle for cardiomyopathy,

treatment for left ventricular hypertrophy, (treating fundamental principle of conduction disorder)

- Preventive Cardiac Rehabilitation
(Diet & dietary guidelines in cardiac disease, stress management, Dinacharya etc.)