

**COURSE CURRICULUM FOR SECOND  
PROFESSIONAL B.S.R.M.S.  
(PRESCRIBED BY NCISM)**

**Subject/Course:**

***gsobyedthabs***

**(Subject Code: SRUG-ST)**

***Principles of Sowa-Rigpa Therapeutics***

**(Applicable from 2022-23 batch for academic year 2024-25 onwards  
for 5 years or until further notification by NCISM, whichever is earlier)**



**॥ आयुषे सर्वलोकानाम् ॥**

**BOARD OF UNANI, SIDDHA AND SOWA-RIGPA  
NATIONAL COMMISSION FOR INDIAN SYSTEM OF  
MEDICINE**

**NEW DELHI-110026**



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## Preface

### PRINCIPLES OF SOWA-RIGPA THERAPEUTICS

Sowa-Rigpa therapeutics involves employing specific remedies for particular diseases. The Principles of Sowa-Rigpa therapeutics (*gsobyedthabs*) are crucial within this practice, offering clear treatment options for both general and specific disorders, ensuring successful treatment outcomes. This subject has profound relationship with clinical practice and acts as a bridge between disease and remedy. It is categorized into Therapeutic Principles (*gsotshul*) and Therapeutic Methods (*gsothabs*). The therapeutic Principles commonly consist of General and Particular Therapeutic Principles and acts as a guiding procedure for thorough treatment of any disorder. The Therapeutic Methods are the actual remedies of diet, lifestyle, medicine and external therapies that facilitate the appropriate treatment of disorders. After thoroughly deciding on the therapeutic principles, the actual therapy is administered.

Sowa-Rigpa Therapeutics is the indispensable and the most efficient tool to treat disorders. Zurkhar Lodoe Gyalpo, a renowned Tibetan Medical Scholar, stated “Not knowing the administration of diet, lifestyle, medicine and external therapies is equivalent to not knowing Sowa-Rigpa System as a whole”. So therefore, knowing the appropriate treatment methods of diet, lifestyle, medicine and external therapies to treat any specific and general disorder is extremely crucial. The subject entails all the therapeutic methods and the use of metaphors in explaining the various therapeutic principles facilitates in sparking interest in students, allows space for profound understanding of the subject and logically helps in the actual treatment.

As a result of knowing the therapeutic methods and principles the students will learn to employ effective yet appropriate treatments including diet, lifestyle, medicine and external therapies considering the various factors of severity, acuteness, stages and so on. Owing to the vast content of the subject, treatment of only three *nyespa* (*nyes sumgsoba*) and the metabolic disorders (*khongnad so ba*) are included in this program and the treatment of the rest of the disorders are divided in respective groups of disease management.

This new syllabus, offers an out-come oriented comprehensive program that is framed in such a way that the multidimensional approach of cognitive, psychomotor and affective domain are so effortlessly adopted. Keeping in mind the need of modern times the syllabus is made more relevant, practical and contemporary. The new teaching-learning methods incorporated in the program will definitely play a pivotal role in making the learning process more student-oriented and fun-filled as well as the delivery of treatment more accurate and efficient.

**NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE  
BOARD OF UNANI, SIDHHA & SOWA-RIGPA**

**SOWA-RIGPA COURSE CURRICULUM & SYLLABUS**

**Session: Second Professional B.S.R.M.S.**

**Subject/Course: *gsobyedthabs*(Principles of Sowa-Rigpa Therapeutics)**

**History and Fundamental Principles of Sowa-Rigpa**

**Subject Code: SRUG-ST**

**Summary**

**Teaching Hours Distribution**

<b>Papers</b>	<b>Lecture hours</b>	<b>Non-Lecture hours</b>	<b>Total hours</b>
Paper 1 <i>gsobyedthabs</i> (Principles of Sowa-Rigpa Therapeutics)	60	22	82
Paper 2 <i>gsobyedthabs</i> (Principles of Sowa-Rigpa Therapeutics)	60	23	83
Practical	NA	105	105
<b>Grand total</b>			<b>270</b>

<b>Examination (Papers &amp; Mark Distribution)</b>					
<b>Item</b>	<b>Theory Component Marks</b>	<b>Practical Component Marks</b>			
		<b>Practical</b>	<b>Viva</b>	<b>Elective</b>	<b>Internal Assessment</b>
<b>Paper I</b>	<b>100</b>	<b>100</b>	<b>30</b>	<b>--</b>	<b>20</b>
<b>Paper II</b>	<b>100</b>				
<b>Sub-Total</b>	<b>200</b>	<b>150</b>			
<b>Total marks</b>	<b>350</b>				

# SOWA-RIGPA COURSE CURRICULUM & SYLLABUS

**Session: Second Professional B.S.R.M.S.**

**Table 1:-Course Code and Name of Course**

Sl. No	Name of the subjects		
	Subject Code	Subjects	Equivalent Terms
1	SRUG-ST	<i>gsobyedthabs</i>	Principles of Sowa-Rigpa Therapeutics

**Table 2:-THEORY (CONTENTS, TERM AND DISTRIBUTION OF HOURS)**

**Paper 1:gsobyedthabs(Principles of Sowa-Rigpa Therapeutics)**

Chapters	Term (I/II/III)	Distribution of Hours
1. The General Therapeutic Principlesགསོ་ཚུལ་སྤྱི།	I	10
2. The Particular Therapeutic Principlesལྷན་པར་གྱི་བཅོས་ཚུལ།	I	9
3. Treatment of <i>rlung</i> Disordersརྩུང་ནད་གྱི་བཅོས་ཐབས།	I/II	21
4. Treatment of ' <i>dusnadbad kansmug po</i> and Post-Therapeutic Care འདུས་ནད་སྐྱུག་པའི་བཅོས་ཐབས་དང་རྗེས་གཅོད།	II	14
5. Treatment of <i>ma zhuba</i> (Indigestion)མ་བུ་བའི་བཅོས་ཐབས།	II/III	10
6. Treatment of <i>skyarbab</i> (Generalized Oedema)སྐྱ་རབ་གྱི་བཅོས་ཐབས།	III	8
7. Treatment of ' <i>or nad</i> (Localized Oedema)འོར་ནད་གྱི་བཅོས་ཐབས།	III	5
8. Treatment of <i>gcong can zadbyad</i> (Cachexia)གཞོང་ཅན་ཟད་བྱེད་གྱི་བཅོས་ཐབས།	III	5

**Note:** From Chapter 3 – Pointer no.3.2.It will be included in Term II  
From Chapter 5 – Pointer no.5.2.It will be included in Term III

**THEORY(CONTENTS, TERM AND DISTRIBUTION OF HOURS)**

**Paper 2: gsobyedthabs(Principles of Sowa-Rigpa Therapeutics)**

Chapters	Term (I/II/III)	Distribution of Hours
1. The Two Therapeutic Methodsགསོ་ཐབས་གཉིས།	I	9
2. The Actual Therapeutic Methodsགསོ་ཐབས་དངོས།	I	8
3. Treatment of <i>mkhris pa</i> Disorders and Post-Therapeutic Care མཁྲིས་ནད་བཅོས་ཐབས་དང་རྗེས་བཅད།	I/II	17
4. Treatment of <i>bad kan</i> Disorders བད་ཀན་ནད་གྱི་བཅོས་ཐབས།	II	16
5.Treatment of <i>skran</i> (Tumor)སྐྱན་ནད་བཅོས་ཐབས།	II/III	15
6. Treatment of <i>dmu chu</i> (Ascites) and Post-Therapeutic Care དམུ་ཚུའི་བཅོས་ཐབས་དང་བྱི་རྗེས་བཅད་པ།	III	18

**Note:** From Chapter 3 Pointer no.3.2. It will be included in Term II  
From Chapter 5 – Pointer no.5.2. It will be included in Term III

**Table 3A:-THEORY (LECTURE AND NON-LECTURES)**  
**Paper 1: *gsobyedthabs*(Principles of Sowa-Rigpa Therapeutics)**

Chapter/ Sub-headings	Lecture (L)/ Non-Lecture (NL)	Teaching-Learning (TL) Methods	Distribution of hours	
			LH	NLH
<b>Chapter 1: The General Therapeutic Principles གསོ་ཚུལ་གྱི་10</b> <b>K:</b> Explain the Therapeutic techniques, remedial measures, signs of recuperation, specific and particular therapeutic principles <b>S:</b> <ul style="list-style-type: none"> <li>• Perform appropriate therapeutic techniques</li> <li>• Identify time of accumulation and manifestation and disorders</li> <li>• Perform various medicine administration</li> <li>• Perform adequate and appropriate treatment of dependent, independent and indigestion associated disorders</li> </ul> <b>A:</b> Recognize intensity of disorder and treatment course				
1.1 The General Therapeutic Principle གླིང་གསོ་ཚུལ།				
1.1.1 The Therapeutic Technique ཇི་ལྟར་གསོ།	L	Lecture with ppt presentation	1	X
1.1.2 The Remedial Measures གཉེན་པོ་གང་གི་གསོ་བ།	L/NL	Lecture/Group Discussion or Demonstration or Role Play	2	1
1.1.3. The Signs of Recuperation རྟོག་བཅོས་སྐྱེ་མེད་གྱི་ཚད།	L	Lecture with discussion	1	X
1.2. The Specific Therapeutic Principles བྱེ་བྲག་གི་གསོ་ཚུལ།				
1.2.1. Treating Disorders Associated with Indigestion མ་ལྷུང་བཅས་པའི་ནད་གསོ་ཚུལ།	L/NL	Lecture/Peer-Learning, Real-life experience sharing	1	1
1.2.2. Treating Disorders of Independent Nature རྒྱུ་བ་རང་རྒྱུ་ཅན་གྱི་ནད་གསོ་ཚུལ།	L	Lecture with discussion	1	X
1.2.3. Treating Disorders of Dependent Nature འདྲེས་པ་གཞན་དབང་གི་ནད་གསོ་ཚུལ།	L	Lecture with inquiry	1	X
1.3. The Particular Therapeutic Principles རྒྱུ་བར་གྱི་གསོ་ཚུལ།	L	Lecture with chart presentation	1	X
<b>Chapter 2: The Particular Therapeutic Principles རྒྱུ་བར་གྱི་བཅོས་ཚུལ་9</b> <b>K:</b> Outline the nine prominent principles to remember while treating patients <b>S:</b> Employ an effective way of treating patients based on the therapeutic principles <b>A:</b> Show a patient-centered and responsible approach for swift recovery of the patient				

2.1. Treatment of Unconfirmed Disorders through Trial གྱིས་ལ་འཇབ་བ་ལྟ་བུའི་གསོ་ཚུལ།	NL	Demonstration or Chart or PPT Presentation, Practical, Edutainment, Role Play	X	1
2.2. Treatment of Confirmed Disorders Transparently རྩོལ་དར་འཕུར་ལྟ་བུའི་གསོ་ཚུལ།	L	Lecture with demonstration	1	X
2.3. Employment of Remedy Followed by Correcting the Pathway of the Disorders ཉ་མོད་དཔྱུས་སུ་འཇོལ་བ་ལྟ་བུའི་གསོ་ཚུལ།	NL	Chart Presentation, Brain Storming, Practical, Role Play, edutainment	X	1
2.4 Administration of Timely and Appropriate Treatment of the Disorders རྒྱུར་མོ་ཉ་ལེན་བཞིན་དུ་གསོ་ཚུལ།	L	Lecture with ppt presentation	1	X
2.5 Treatment of Powerful Disorders with Strong Remedies མི་ག་འཕྲང་ཕྲད་ཀྱི་གསོ་ཚུལ།	L	Lecture with brainstorming	1	X
2.6 Treatment of General Disorders by Employing Successive Step-wise Treatments སྐྱམ་གཤངས་མས་འཛོག་ལྟ་བུའི་གསོ་ཚུལ།	L	Lecture with discussion /ppt	1	X
2.7 Treatment of Single Disorders by Employing Specific Treatments དབའ་བོས་དག་འདུལ་ལྟ་བུའི་གསོ་ཚུལ།	L	Lecture with discussion /ppt	1	X
2.8. Treatment of Combined Disorders while Restoring the Overall Equalibirium དམེ་ཤོར་འབྲུགས་ལྷུ་མས་ལྟ་བུའི་གསོ་ཚུལ།	L	Lecture with brainstorming	1	X
2.9. Employment of Suitable Treatment Based on the Strength of the Patient མཛོ་ལལ་ལྷག་ལལ་ལྟ་བུའི་གསོ་ཚུལ།	L	Lecture with discussion	1	X
Chapter 3: Treatment of <i>rlung</i> Disorders རླུང་ནད་ཀྱི་བཅོས་ཐབས། <b>21</b>				
<b>K:</b> Define the general and specific treatments of <i>rlung</i> disorders				
<b>S:</b> Plan various diet and lifestyle recommendations, medicine formulations and external therapies for <i>rlung</i> disorders				
<b>A:</b> Recognize the importance of psychological aspect in treatment of <i>rlung</i> disorders and its association with most of the disorders				
3.1. The General Treatment of <i>rlung</i> Disorders རླུང་ནད་ཀྱི་བཅོས་ཐབས།				
3.1.1. The General Treatment of <i>rlung</i> Disorders through Diet and Lifestyle རླུང་ནད་ཟས་དང་སྤྱོད་ལམ་གྱིས་བཅོས་པ།	L/NL	Lecture/Team-based Learning, Real-life Experience sharing, Role play	1	1
3.1.2. The General Treatment of <i>rlung</i> Disorders through Medication རླུང་ནད་སྐྱོན་གྱིས་བཅོས་པ།	L/NL	Lecture/Demonstration, Identification, Clinical Observation, Reflection	2	1

3.1.3. The General Treatment of <i>rlung</i> Disorders through External Therapy ལྷང་ནད་དཔྱད་ཀྱིས་བཅོས་པ།	L/NL	Lecture/Demonstration, Identification, Presentation, AV Aids	1	1
3.2.The Specific Treatment of <i>rlung</i> Disorders ལྷང་ནད་བྱེ་བྲག་གི་བཅོས་ཐབས།				
3.2.1. The Specific Treatment of <i>rlung</i> Disorders Based on Type ལྷང་ནད་རིགས་ཀྱི་བཅོས་ཐབས།				
3.2.1.1.Treatment of <i>rlung</i> Disorder-Awarta ལྷང་ནད་ཨ་མཚན་བཅོས་ཐབས།	L	Lecture with inquiry	1	X
3.2.1.2.Treatment of five <i>rlung</i> Disorders such as <i>da rgan</i> ལྷང་ནད་དྲ་ཚན་སོགས་རྣམ་པུ་ལྷུ་བཅོས་ཐབས།	L	Lecture with ppt presentation	1	X
3.2.1.3. Treatment of <i>rlung</i> Disorder <i>brlarengs</i> ལྷང་ནད་བཟོ་རེངས་བཅོས་ཐབས།	L	Lecture with case paper presentation	1	X
3.2.1.4. Treatment of <i>rlung</i> Disorder- such as <i>gzugs 'khums</i> ལྷང་ནད་གཟུགས་ཁུམས་ལ་སོགས་པའི་བཅོས་ཐབས།	L	Lecture with discussion	1	X
3.2.1.5. Treatment of remaining <i>rlung</i> Disorders such as <i>ssra 'thang</i> ལྷང་ནད་སྲ་འཐེང་སོགས་ཕྱི་མའི་ལྷང་ལྷུ་བཅོས་ཐབས།	L	Lecture with picture display	1	X
3.2.2. The Specific Treatment of <i>rlung</i> Disorders Based on Location ལྷང་ནད་གནས་ཀྱི་བཅོས་ཐབས།				
3.2.2.1. Treatment of External <i>rlung</i> Disorders ལྷང་ནད་གནས་པའི་བཅོས་ཐབས།	L	Lecture with demonstration	2	X
3.2.2.2. Treatment of Internal <i>rlung</i> Disorders ལྷང་ནད་ལ་གནས་པའི་བཅོས་ཐབས།	L/NL	Lecture/Demonstration or Practical, Discussion, Real-Life Experience	2	1
3.3. The Specific Treatment of <i>rlung</i> Disorders Based on Specific Types ལྷང་ནད་ནང་ཚོགས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/Simulation or Hand-on Training, Group-Based Learning	1	1
3.4. Brief Treatment of <i>rlung</i> Disorders ལྷང་ནད་མདོར་བསྟུན་ཀྱི་བཅོས་ཐབས།	L	Lecture with discussion	2	X
Chapter 4: Treatment of <i>dusnadb bad kansmug poand</i> Post-Therapeutic Care འདུས་ནད་སྐྱུག་པའི་བཅོས་ཐབས་དང་རྗེས་གཞོན།14				
<p><b>K:</b> Explain the general and specific treatments of <i>bad kansmug poand</i> its Post-Therapeutic Care</p> <p><b>S:</b>Plan diet and lifestyle recommendations, medicine formulations and external therapies for <i>bad kansmug poand</i> the ways to care after therapy</p> <p><b>A:</b>Value the significance of prevention in the management of <i>bad kansmug po</i></p>				



4.1.General Treatment of <i>bad kansmug po</i> ལྷན་པོ་ལྷན་པོ་བཅོས་པ།				
4.1.1.General Treatment of <i>bad kansmug po</i> through Diet and Lifestyle ལྷན་པོ་ལྷན་པོ་ལས་ཟས་སྦྱོང་གྱིས་བཅོས་པ།				
4.1.1.1. Treatment of Hot-dominant <i>bad kansmug po</i> through Diet and Lifestyle ལྷན་པོ་ཚ་བའི་ཟས་སྦྱོང།	L	Lecture with chart display	1	X
4.1.1.2. Treatment of Cold-dominant <i>bad kansmug po</i> through Diet and Lifestyle ལྷན་པོ་གང་བའི་ཟས་སྦྱོང།	L	Lecture with discussion	1	X
4.1.2. General Treatment of <i>bad kansmug po</i> through Medicine ལྷན་པོ་ལྷན་པོ་ལས་སྐྱེ་གྱིས་བཅོས་པ།	L/NL	Lecture/Inquiry-based learning or peer-based learning, Problem Solving Method, Blended Learning	2	1
4.1.3. General Treatment of <i>bad kansmug po</i> through External Therapies ལྷན་པོ་ལྷན་པོ་ལས་དབྱེ་གྱིས་བཅོས་པ།	L/NL	Lecture/Discussion or Role Play, Braining Storming, Therapeutic Point Identification	1	1
4.2. Specific Treatment of <i>bad kansmug po</i> ལྷན་པོ་ལྷན་པོ་བཅོས་པ།				
4.2.1. Specific Treatment of <i>bad kansmug po</i> based on Location ལྷན་པོ་ལྷན་པོ་བཅོས་པ།	L	Lecture with case history discussion	1	X
4.2.2. Specific Treatment of <i>bad kansmug po</i> based on Time ལྷན་པོ་ལྷན་པོ་བཅོས་པ།	L/NL	Lecture/Discussion, Case-Based Learning, Team-Based Learning	1	1
4.2.3. Specific Treatment of <i>bad kansmug po</i> based on Type ལྷན་པོ་ལྷན་པོ་བཅོས་པ།	L/NL	Lecture/Chart Presentation, Project-Based Learning, Blended Learning	2	1
4.3. Instruction on Significance of Therapeutic Principles of <i>bad kansmug po</i> and Post-Therapeutic Care ལྷན་པོ་ལྷན་པོ་བཅོས་པ།	L	Lecture with Discussion	1	X



6.1.General Treatment of <i>skyarbab</i> (Generalized Oedema)སྐྱ་ནད་ཀྱི་སྐྱེ་བཅོས།	L/NL	Lecture/Identification or PPT Presentation, Tutorial, Case-Based Learning, Blended Learning	3	1
6.2. Specific Treatment of <i>skyarbab</i> (Generalized Oedema)སྐྱ་ནད་ཀྱི་བྱེ་བྲག་བཅོས་ཐབས།				
6.2.1. Specific Treatment of <i>skyarbab</i> (Generalized Oedema) associated with Lungs, Liver and Spleenབྱེ་བྲག་ལྗོ་བ་དང་མཚན་པ།མཚར་པའི་སྐྱ་ནད་བཅོས་པ།	L	Lecture with picture display	2	X
6.2.2. Specific Treatment of <i>chuser-Dominant skyarbab</i> (Generalized Oedema)བྱེ་བྲག་ཚུ་མེར་སྐྱ་ནད་བཅོས་པ།	L	Lecture with discussion	1	X
6.2.3. Specific Treatment of <i>rlung-Dominant skyarbab</i> (Generalized Oedema) and Brief Treatmentབྱེ་བྲག་རྩུང་ནད་སྐྱ་ནད་བཅོས་པ་དང་མཛོར་བསྐྱེ་བཅོས།	L	Lecture with ppt presentation	1	X
Chapter 7 Treatment of ' <i>or nad</i> (Localized Oedema)འོར་ནད་ཀྱི་བཅོས་ཐབས།5 <b>K:</b> Explain the general and specific treatments of ' <i>or nad</i> (Localized Oedema) <b>S:</b> Plan various diet and lifestyle recommendations, medicine formulations and external therapies for ' <i>or nad</i> (Localized Oedema) <b>A:</b> Recognize the role diet and nutrition plays in maintaining overall health of the body				
7.1.General Treatment of ' <i>or nad</i> (Localized Oedema)འོར་ནད་ཀྱི་སྐྱེ་བཅོས།	L/NL	Lecture with ppt presentation	1	1
7.2 General Treatment of ' <i>or nad</i> (Localized Oedema)འོར་ནད་ཀྱི་བྱེ་བྲག་བཅོས་ཐབས།	L/NL	Lecture/Identification or Discussion, Team-Based Learning, AV Aids, Blended Learning	2	1
Chapter 8 Treatment of <i>gcong can zadbyad</i> (Cachexia)གཙོང་ཅན་ཟད་བྱེད་ཀྱི་བཅོས་ཐབས།5 <b>K:</b> Know the general and specific treatments of <i>gcong can zadbyad</i> (Cachexia) <b>S:</b> Plan various diet and lifestyle recommendations, medicine formulations and external therapies for <i>gcong can zadbyad</i> (Cachexia) <b>A:</b> Value the relationship between physical strength and immunity				
8.1.General Treatment of <i>gcong can zadbyad</i> <i>gcong can zadbyad</i> (Cachexia)གཙོང་ཅན་ཟད་བྱེད་ཀྱི་སྐྱེ་བཅོས།	L/NL	Lecture/Discussion	1	1
8.2.Specific Treatment of <i>gcong can zadbyad</i> (Cachexia)གཙོང་ཅན་ཟད་བྱེད་ཀྱི་བྱེ་བྲག་བཅོས་ཐབས།	L/NL	Lecture/Team-based Learning, Flipped Class, Learn by Teaching	1	1
Brief Treatment of <i>gcong can zadbyad</i> (Cachexia)གཙོང་ཅན་ཟད་བྱེད་ཀྱི་མཛོར་བསྐྱེ་བཅོས་ཐབས།	L	Lecture with discussion	1	X
<b>Total hours</b>			<b>60</b>	<b>22</b>
<b>Grand total of hours</b>			<b>82</b>	

**THEORY (LECTURE & NON-LECTURES)**

**Paper 2:gsobyedthabs(Principles of Sowa-Rigpa Therapeutics)**

Chapter/ Sub-headings	Lecture (L)/ Non-Lecture (NL)	Teaching-Learning (TL) Methods	Distribution of hours	
			LH	NLH
Chapter 1: The Two Therapeutic Methodsགསོ་ཐབས་གཉིས། <sup>9</sup> <b>K:</b> Outline the two therapeutic methods of building physical strength and fasting <b>S:</b> Employ an effective way of maintaining optimum body weight <b>A:</b> Recognize the significance of maintaining an optimum weight for healthy functioning of the body				
1.1.Promotion of Physical Strength བརྟེན་བར་བྱ་བ།				
1.1.2.The Basis and Means of Promoting Physical Strengthབརྟེན་བྱིང་ཡུལ་དང་གང་གིས་བརྟེན་བ།	L/NL	Lecture/Group Discussion or Peer-based Learning, Practical, Blended Learning	2	1
1.1.3.The Benefits and Negative Effects of Excess Promoting Medication བརྟེན་པའི་ཕན་ཡོན་དང་བརྟེན་དྲགས་པའི་སྐྱོན།	L	Lecture with demonstration	1	X
1.1.4.Treatment of Negative Effect of Excess Promoting Medication དྲགས་སྐྱོན་བཅོས་ཐབས།	L	Lecture with inquiry	1	X
1.2.Fasting ལྷུང་བར་བྱ་བ།		Lecture with discussion		
1.2.1. The Basis and Means of Fasting ཉམས་དམད་པའི་ཡུལ་དང་གང་གིས་ཉམས་དམད་པའི་ཐབས།	L	Lecture with discussion	2	X
1.2.2. The Benefits and Negative Effect of Excess Fasting Medication ཉམས་དམད་པའི་ཡོན་ཏན་དང་སྐྱུང་ཞིང་དམད་དྲགས་པའི་སྐྱོན།	L	Lecture with inquiry	1	X
1.2.3. The Treatment of Negative Effect of Excess Fasting Medication དྲགས་སྐྱོན་བཅོས་ཐབས་དང་མཚུག་བསྐྱུ་བ།	L	Lecture with ppt presentation	1	X

<p>Chapter 2: The Actual Therapeutic Methodsགསོ་ཐབས་དངོས།8</p> <p><b>K:</b> Label a brief treatment protocol for <i>rlung</i>, <i>mkhris pa</i> and <i>bae kan</i> disorders</p> <p><b>S:</b>Plan a suitable treatment protocol involving diet, lifestyle, medicine and external therapy for each of the three <i>nyes pa</i>-dominant disorders</p> <p><b>A:</b>Value the importance of homeostatic balance of the three <i>nyes pa</i></p>				
2.1. Treatment of <i>rlung</i> Disorders རླུང་ནད་བཅོས་པ།	L/NL	Lecture/Role Play or Demonstration, Discussion, Teach by Learning	2	1
2.2. Treatment of <i>mkhris pa</i> Disorders མཁྲིས་ནད་བཅོས་པ།	L	Lecture with discussion	2	X
2.3. Treatment of <i>bad kan</i> Disorders བད་ནད་བཅོས་པ།	L/NL	Lecture/Identification, Peer-Based Learning, Game-Based Learning, Role Play	1	1
2.4. Conclusionམཇུག་དོན་བསྟུ་བ།	L	Lecture	1	X
<p>Chapter 3: Treatment of <i>mkhris pa</i> Disorders and Post-Therapeutic Care མཁྲིས་ནད་བཅོས་ཐབས་དང་རྗེས་བཅད།17</p> <p><b>K:</b> Define the general and specific treatments and Post-Therapeutic Care of <i>mkhris pa</i> disorders</p> <p><b>S:</b>Plan various diet and lifestyle recommendations, medicine formulations and external therapies for <i>mkhris pa</i> disorders</p> <p><b>A:</b>Recognize the acute nature of <i>mkhris pa</i> and importance of urgency in employing treatment</p>				
3.1. General Treatment of <i>mkhris pa</i> Disorders མཁྲིས་ནད་སྲིད་བཅོས་ཐབས།				
3.1.1. General Treatment of Hot-natured <i>mkhris pa</i> Disorders མཁྲིས་ནད་སྲིད་བཅོས་ལས་མཁྲིས་པ་ཚ་བའི་བཅོས་ཐབས།	L/NL	Lecture/Inquiry-based Learning, Early Clinical Exposure	2	1
3.1.2. General Treatment of Cold-natured <i>mkhris pa</i> Disorders མཁྲིས་ནད་སྲིད་བཅོས་ལས་མཁྲིས་པ་གང་བའི་བཅོས་ཐབས།	L/NL	Lecture/ Inquiry-based Learning, Early Clinical Exposure	3	1
3.2. Specific Treatment of <i>mkhris pa</i> Disorders མཁྲིས་ནད་བྱེ་བྲག་རིགས་ཀྱི་བཅོས་ཐབས།				
3.2.1. Specific Treatment of <i>mkhris pa</i> Disorders Based on Type མཁྲིས་ནད་བྱེ་བྲག་རིགས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/ Demonstration, Blended Learning, Practical, Case-Based Learning	2	1
3.2.2. Specific Treatment of <i>mkhris pa</i> Disorders Based on Location མཁྲིས་ནད་བྱེ་བྲག་གནས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/AV Aids, Discussion, Case-Based Learning, Edutainment	1	2

3.2.3. Specific Treatment of <i>mkhris pa</i> Disorders Based on Specific Types མཁྲིས་ཀྱི་བྱ་བྱ་ལྟར་སྤྱོད་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/Early Clinical Exposure, Debate or Discussion	1	2
3.3. Treatment of Evil Spirit Influenced <i>mkhris pa</i> Disorders and Post-Therapeutic Care མཁྲིས་ཀྱི་གདོན་བཅོས་དང་བྱི་རྩིས་བཅད་བ།	L	Lecture with ppt presentation	1	X
Chapter 4: Treatment of <i>bad kan</i> Disorders བད་ཀན་ནད་ཀྱི་བཅོས་ཐབས། <b>16</b> <b>K:</b> Explain the general and specific treatments of <i>bad kan</i> disorders <b>S:</b> Plan various diet and lifestyle recommendations, medicine formulations and external therapies for <i>bad kan</i> disorders <b>A:</b> Prioritize the longer course of treatment of <i>Bad kan</i> disorders				
4.1. General Treatment of <i>bad kan</i> Disorders བད་ཀན་སྤྱི་བཅོས།				
4.1.1 Therapeutic Principles of <i>bad kan</i> Treatment བད་ཀན་སྤྱི་བཅོས་ལས་གསོ་རྒྱུ།	L	Lecture with demonstration	1	X
4.1.2. General Treatment of <i>bad kan</i> Disorders through diet, lifestyle, medication and external therapies བད་ཀན་སྤྱི་བཅོས་ཟས་སྦྱོང་སྐྱོད་དབྱུང་གྱིས་བཅོས་བ།	L/NL	Lecture/Demonstration, Game-Based Learning, PPT Presentation, Team-Based Learning, Learn by Teaching	3	1
4.2. Specific Treatment of <i>bad kan</i> Disorders བད་ཀན་བྱེ་བྲག་གི་བཅོས་ཐབས།				
4.2.1. Specific Treatment of <i>bad kan</i> Disorders based on Type བད་ཀན་བྱེ་བྲག་རིགས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/Group Discussion, Demonstration, Case-Based Learning	3	1
4.2.2. Specific Treatment of <i>bad kan</i> Disorders based on Location བད་ཀན་བྱེ་བྲག་གནས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/Identification, Early Clinical Exposure, Reflection	2	1
4.2.3. Specific Treatment of <i>bad kan</i> Disorders based on Specific Type བད་ཀན་བྱེ་བྲག་ནད་ཚེགས་ཀྱི་བཅོས་ཐབས།	L/NL	Lecture/Kinaesthetic, Simulation, Practical, Peer-Learning	2	1
4.2.4. Specific Treatment of <i>bad kan</i> Dependent Disorders བད་ཀན་བྱེ་བྲག་གཞན་དབང་ཅན་ཀྱི་བཅོས་ཐབས།	L	Lecture with discussion	1	X
Chapter 5: Treatment of <i>skran</i> (Tumor) Disorders སྐན་ནད་བཅོས་ཐབས། <b>15</b> <b>K:</b> Describe the general and specific treatments of <i>skran</i> (Tumor) disorders <b>S:</b> Plan appropriate diet and lifestyle recommendations, medicine formulations and external therapies for <i>skran</i> (Tumor) disorders <b>A:</b> Recognize the need to expel out extra growths in our body				
5.1. General Treatment of <i>skran</i> (Tumor) སྐན་ནད་སྤྱི་བཅོས།				





6.7.Sealing of Channels རྒྱལ་པར་བཤད་ བ་རྩ་ལ་འགག་མིག་གཞུག་ཚུལ།	L/NL	Lecture/Demonstration, Roleplay,Peer-based Learning, Learn by Teaching	1	1
6.8.Specific Treatment of <i>dmu chu</i> (Ascites)and Post-Therapeutic Care དམུ་ཚུ་བྱེ་བྲག་གི་བཙོས་ཐབས་དང་བྱི་ རྗེས་བཅད་པ།	L	Lecture with discussion and review	2	X
<b>Total hours</b>			<b>60</b>	<b>23</b>
<b>Grand total of hours</b>			<b>83</b>	

**Table 3 B - PRACTICAL (NON-LECTURE)**

**Paper 1&2: *gsobyedthabs*(Principles of Sowa-Rigpa Therapeutics)**

Sl. No	Name of the practical	Term (I/II/III)	Distribution of Hours
1	The General Therapeutic Principles&The Particular Therapeutic Principlesགསོ་ཚུལ་སྤྱི་དང་ཁྱད་པར་གྱི་བཙོས་ཚུལ། <ul style="list-style-type: none"> <li>• <b>Demonstration/Case Taking:</b> Demonstrate medicine administration techniques(སྐབ་གཏོང་ཚུལ་)as specified in Explanatory Tantra to the studentsand understand the efficacy of one such technique through case taking [3hrs]</li> <li>• <b>Preparation/Observation :</b>Prepare confirming formulations(སད་མདའ་) and administerit to confirm specific <i>nyes pa</i> disorder [3hrs]</li> </ul>	I	6 [3+3]
2	The Two Therapeutic Methods &The Actual Therapeutic Methodsགསོ་ཐབས་གཉིས་དང་གསོ་ཐབས་དངོས། <ul style="list-style-type: none"> <li>• <b>Measurements and Assessment of the Parameters</b> Weight Waist Circumference Waist to Hip Ratio Hip Circumference BMI [4hrs]</li> <li>• <b>Peer Learning/Role Play:</b> Three small groups to be formed and assigned the three <i>nyes pa</i>-dominant case scenarios. Each group to prepare thorough diet, lifestyle, medicine and external therapy recommendation and enact each story in front of the class. [4hrs]</li> </ul>	I	8 [4+4]



3	<p>Treatment of <i>rlung</i> Disorders ལྷུང་ནད་བཅོས་ཐབས།</p> <p>a.General Treatment of <i>rlung</i> Disorders ལྷུང་ནད་སློབ་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Preparation of Specific Formulations:</b> Students to engage in preparatory methods of special formulations such as '<i>don sbyorbzhi</i> , jaggery medicinal <i>chhang</i> and <i>bcudbzhi</i> decoction (effective yet not commonly available in the Sorig Pharmacies) for <i>rlung</i> Disorders under supervision of the qualified teacher/trainer/medical officer etc [3hrs]</li> <li>• <b>Demonstration/Simulation:</b> Demonstrate application of <i>horgyi me tsa</i> heating therapy on few <i>rlung</i> points under supervision of the qualified teacher/trainer/medical officer etc [2hrs]</li> </ul> <p>b. Specific Treatment of <i>rlung</i> Disorders ལྷུང་ནད་བྱེ་བྲག་གི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Demonstration/Kinesthetic Learning:</b> Demonstrate <i>ku nye</i> treatment on a model and perform the therapy to aged people by visiting nearby households under supervision of the qualified teacher/trainer/medical officer etc [4hrs]</li> <li>• <b>Demonstration/Hands-on Practice:</b> Demonstrate Nasal therapy to students in the classroom setup and let the students perform under supervision of a teacher in OPDs [4hrs]</li> </ul>	I/II	5/8 [3+2/4+4]
4	<p>Treatment of <i>mkhris pa</i> Disorders ལྷུང་ནད་བཅོས་ཐབས།</p> <p>a.General Treatment of <i>mkhris pa</i> Disorders མཁྲིས་པ་ནད་སློབ་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Role Play:</b> of Cold Water Therapy, Sudation therapy</li> <li>• <b>Miming:</b> Venesection (teach through Video) [3hrs]</li> <li>• <b>Formulation Identification:</b> Identify and differentiate between hot-dominant and cold-dominant <i>mkhris pa</i> formulations [3hrs]</li> </ul> <p>b. Specific Treatment of <i>mkhris pa</i> Disorders མཁྲིས་པ་ནད་བྱེ་བྲག་གི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Discussion/Comparative Study:</b> of Jaundice treatment in Sowa-Rigpa and Allopathy [3hrs]</li> <li>• <b>Case based Learning/Case Study:</b> Study the Efficacy of Sowa-Rigpa medicine in treating Jaundice [3hrs]</li> <li>• <b>Clinical Observation/Exposure:</b> Observe the treatment protocol for a <i>mkhris pa</i> patient [4hrs]</li> </ul>	I/II	6/10 [3+3/3+3+4]

5	<p>Treatment of <i>bad kan</i> Disorders བད་ཀན་ནད་ཀྱི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Preparation:</b> Formulation of <i>rgyamtshazhi thang</i> (decoction) under supervision of the qualified teacher/trainer/medical officer etc [5hrs]</li> <li>• <b>Demonstration/Hands-on Treatment:</b> Prepare and Perform assorted salt compresses under supervision of the qualified teacher/trainer/medical officer etc [3hrs]</li> <li>• <b>Kinesthetic Learning:</b> Identify <i>bad kan</i>-dominant symptoms within the students and see any improvement in the condition after a week's specific physical activity as instructed in the class under the supervision of the teacher [2hrs]</li> </ul>	II	10 [5+3+2]
6	<p>Treatment of <i>bad kansmug po</i> ལྷག་པོའི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Questionnaire-Based Survey:</b> of potential occurrence of <i>bad kansmug po</i> in 10 candidates and crafting preventative measures through diet and lifestyle for one such <i>bad kansmug po</i> susceptible candidate [5hrs]</li> <li>• <b>Case Discussion/Case-based Learning:</b> Understanding <i>bad kansmug po</i> treatment in Sowa-Rigpa through case study of a patient [5hrs]</li> </ul>	II	10 [5+5]
7	<p>Treatment of Indigestion མ་ལྷ་སྤྱིའི་བཅོས་ཐབས།</p> <p>a. General Treatment of Indigestion མ་ལྷ་སྤྱིའི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Demonstration:</b> Preparation of Optimum Hot boiled Water based on time and location under supervision of the qualified teacher/trainer/medical officer etc [3hrs]</li> </ul> <p>b. Specific Treatment of Indigestion མ་ལྷ་བྱེ་བྲག་གི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Identification:</b> Identify the supplementary medicinal ingredients for indigestion caused by specific food items and observe any one of the case treated with such ingredients [3hrs]</li> <li>• <b>Demonstration and Inquiry-based Learning:</b> Demonstrate the meditation –based technique as specified in the treatment of <i>mazhubsudnad</i> and employ the technique for a week (for constipation, excessive belching or obstructive flatulence due to indigestion) and see its efficacy based on inquiry [5hrs]</li> </ul>	II/III	3/8 [3/3+5]

8	<p>Treatment of <i>rkran</i> (Tumor)སྐྱོན་ནད་བཅོས་ཐབས།</p> <p>a. General Treatment of Tumorསྐྱོན་ནད་སློབ་བཅོས།</p> <ul style="list-style-type: none"> <li>• <b>Field Visit:</b> Witness the preparation of Ash Medicine for Tumor and write down the process [3hrs]</li> <li>• <b>Demonstration:</b> Preparation of medicinal wrap for external tumors under supervision of the qualified teacher/trainer/medical officer etc [3hrs]</li> </ul> <p>b. Specific Treatment of <i>rkran</i> (Tumor) སྐྱོན་ནད་བྱི་བཀ་དང་མདོར་བསྐྱུ་གྱི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Blended and Electronic Learning:</b> Understanding Modern Advancement in Treatment of Gallstone and Calculi by watching a video of such advance surgical [procedures [4hrs]</li> </ul>	II/III	6/4 [3+3/4]
9	<p>Treatment of <i>skyarbab</i>(Generalized Oedema), '<i>or nad</i> (Localized Oedema) and <i>dmu chu</i> (Ascites) སྐྱུ་བབ་དང་ཤོར་དུ་ཚུའི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Discussion:</b> Discuss the relationship between <i>skyarbab</i> (Generalized Oedema) '<i>or nad</i> (Localized Oedema) and <i>dmu chu</i> (Ascites) and present students' view in the class [6hrs]</li> <li>• <b>Formulation and Demonstration:</b> Prepare <i>se 'bru zhi pa</i> (pill) and <i>se 'bru dwangsgnas</i> (pill) compounds to enhance digestion for hot and cold-dominant oedema respectively and a diuretic compound of your choice and see its effect in a patient under supervision of the qualified teacher/trainer/medical officer etc [10hrs]</li> </ul>	III	16 [6+10]
10	<p>Treatment of <i>gcong can zadbyad</i> (Cachexia) གཙོང་ཅན་ཟད་བྱེད་གྱི་བཅོས་ཐབས།</p> <ul style="list-style-type: none"> <li>• <b>Discussion and Brainstorming:</b> Discuss in groups on management of <i>gcong can zadbyad</i> (Cachexia) /<i>skyarba</i>(Generalized Oedema)/<i>ma zhuba</i> (Indigestion)/Any of the three <i>nyes pa</i> Disorders through Diet and Lifestyle recommendation and Present it in the class[5hrs]</li> </ul>	III	5

**Table 4. Assessment Summary**

**A. Number of papers and Marks Distribution**

Sl.No.	Subject	Papers	Theory	Practical or Clinical Assessment					Grand Total
				Practical or clinical	Viva	Electives	IA	Total	

1.	<i>gsobyedthabs</i> (Principles of Sowa-Rigpa Therapeutics) Paper-1 & Paper-2	2	200	100	30	-	20	50	350
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**B. Scheme of Assessment (Formative and Summative)**

SN	Professional Course	Duration of Professional Course		
		First Term (1-6 Months)	Second Term (7-12 Months)	Third Term (13-18 Months)
1	Second	3 PA & First TT	3 PA & Second TT	3 PA & UE

**PA: Periodical Assessment; TT: Term Test; UE: University Examinations**

### C. Calculation Method for Internal Assessment Marks (20 Marks)

Term	Periodical Assessment				Term Test	Term Assessment	
	A	B	C	D	E	F	G
	1 (20)	2 (20)	3 (20)	Average(A +B+C/3) (20)	Theory(MCQ+SA Q +LAQ)& Practical (Converted to 20)	Sub Total (40 marks)	Term Ass essment (20 marks)
First						D+E	D+E/2
Second						D+E	D+E/2
Third					Nil	D	D
<b>Final IA</b>	<b>Final Internal Assessment: Average of three Term Assessment marks as shown in 'G' column</b>						

### D. Evaluation Methods for Periodical Assessment

Sl. No.	Evaluation Method
1.	Practical/Clinical Performance
2.	Viva Voce/Multiple Choice Question (MCQ)/Modified Essay Question (MEQ)/Structured Questions
3.	Open Book Test (Problem Based)
4.	Summary Writing (Research papers)
5.	Class Presentations
6.	Work Book Maintenance
7.	Problem Based Assignment
8.	Objective Structured Clinical Examination (OSCE), Objective Structured Practical Examination (OSPE), Mini Clinical Evaluation Exercise (Mini-CEX), Direct Observation Procedures (DOP), Case Based Discussion (CBD)
9.	Extra-curricular activities (Social work, Public awareness, Surveillance activities, Sports or other activities which may be decided by the department).
10.	Small Project (Individual or Group)
11.	Oral Test, etc.

## E. Question Paper Pattern

### II PROFESSIONAL B.S.R.M.S. EXAMINATIONS <SRUG-ST>

Time: 3 Hours Maximum Marks: 100  
INSTRUCTIONS: All questions compulsory

		Number of Questions	Marks per question	Total Marks
Q 1	Multiple Choice Questions (MCQ)	20	1	20
Q 2	Short answer questions (SAQ)	8	5	40
Q 3	Long answer questions (LAQ)	4	10	40
				100

### F. 1 Distribution of theory Exam and Question paper-Blue print

Paper 1: *gsobyedthabs* (Principles of Sowa-Rigpa Therapeutics)

Sl. No	Chapters	Marks	Types of Questions “Yes”-can be asked “No”- should not be asked		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
1	The General Therapeutic Principles གསོ་ཚུལ་སྒྲིག་	7	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
2	The Particular Therapeutic Principles བྱུང་པར་གྱི་བཅོས་ཚུལ།	12	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
3	Treatment of <i>rlung</i> Disorder རླུང་ནད་གྱི་བཅོས་ཐབས།	22	Yes (2 Nos.)	Yes (2 Nos.)	Yes (1 No.)
4	Treatment of <i>bad kansmug po</i> and Post-Therapeutic Care འདུས་ནད་སྐྱུག་པོའི་བཅོས་ཐབས་དང་རྗེས་གཞི།	19	Yes (4 Nos.)	Yes (1 No.)	Yes (1 No.)
5	Treatment of <i>ma zhuba</i> (Indigestion) མ་བྲུ་བའི་བཅོས་ཐབས།	19	Yes (4 Nos.)	Yes (1 No.)	Yes (1 No.)
6	Treatment of <i>skyarbab</i> (Generalized Oedema) སྐྱུ་རབ་གྱི་བཅོས་ཐབས།	7	Yes (2 Nos.)	Yes (1 No.)	No
7	Treatment of <i>'or</i> (Localized Oedema) འོར་ནད་གྱི་བཅོས་ཐབས།	7	Yes (2 Nos.)	Yes (1 No.)	No
8	Treatment of <i>gcong can zadbyad</i> (Cachexia) གཞོང་ཅན་བྱེད་གྱི་བཅོས་ཐབས།	7	Yes (2 Nos.)	Yes (1 No.)	No
<b>Total marks</b>		<b>100</b>	--	--	--

**F. 2 Distribution of theory Exam and Question paper-Blue print**  
**Paper 2:gsobyedthabs(Principles of Sowa-Rigpa Therapeutics)**

Sl. No	Chapters	Marks	Types of Questions “Yes”-can be asked “No”- should not be asked		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
1	The Two Therapeutic Methods གསོ་ཐབས་གཉིས།	9	Yes (4 Nos.)	Yes (1 No.)	No
2	The Actual Therapeutic Methods གསོ་ཐབས་དངོས།	9	Yes (4 Nos.)	Yes (1 No.)	No
3	Treatment of <i>mkhris pa</i> Disorders and Post-Therapeutic Care མཐིམ་ནད་ བཙོས་ཐབས་དང་རྗེས་བཅད།	23	Yes (3 Nos.)	Yes (2 Nos.)	Yes (1 No.)
4	Treatment of <i>bad kan</i> Disorders བད་ཀན་ནད་ཀྱི་བཙོས་ཐབས།	23	Yes (3 Nos.)	Yes (2 Nos.)	Yes (1 No.)
5	Treatment of <i>mkran</i> (Tumor) ནད་བཙོས་ཐབས།	19	Yes (4 Nos.)	Yes (1 No.)	Yes (1 No.)
6	Treatment of <i>dmu chu</i> (Ascites) and Post-Therapeutic Care དུལ་ལྷུ་རྒྱུ་ བཙོས་ཐབས་དང་རྗེས་བཅད་པ།	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
<b>Total marks</b>		<b>100</b>	--	--	--

### G. Distribution of Practical Exam

Sl. No	Heads		Marks
1.	Sl. No	Practical name	Marks
	1	<b>Practical Logbook Maintenance</b>	10
	2	<b>Spotters: [Duration-30 mins]</b> Identify and write one line: <ul style="list-style-type: none"> <li>Identify the various medicine administration techniques (ལྷན་གཏོང་ཚུལ་)</li> <li>Identify confirming formulations (སང་མདའ་) for the given <i>nyes pa</i></li> <li>Identify ingredients of jaggery medicinal <i>chhang</i></li> <li>Based on the given case with measurement identify which of the two therapeutic methods (གསོ་ཐབས་གཉིས་) to apply</li> <li>Identify ingredients for <i>don sbyorbzhi</i></li> <li>Identify <i>bcudbzhi</i> decoction ingredients Identify ingredients for <i>forrgyamshazhi thang</i> (decoction) Identify the supplementary medicinal ingredients (ཁ་ཚར་) suitable for the specific indigestion condition given</li> <li>Identify the ingredients for <i>se 'bru zhi pa</i> (pill) and <i>se 'bru dwangsgnas</i> from a group of ingredients given</li> </ul>	20
	3	<b>Demonstration Exam:[Duration-45 mins]</b> <b>Demonstrate any one of the following</b> <ol style="list-style-type: none"> <li>Demonstrate <i>ku nyetherapy</i> and Nasal therapy</li> <li>Demonstrate the meditation –based technique as specified in the treatment of <i>mazhubsudnad</i> and measure Weight, Waist Circumference, Hip Circumference, Waist to Hip Ratio and BMI</li> <li>Demonstrate the preparation of medicinal wrap for external tumors and perform the technique</li> </ol>	20
	4	<b>Preparation and Application:[Duration-1hr and 15 mins]</b> <b>Prepare and Perform any one of the following</b> <ol style="list-style-type: none"> <li>Prepare and Perform <i>horgyi me tsa</i> heating therapy on few <i>rlung</i> points</li> <li>Prepare and Perform assorted salt compresses</li> <li>Prepare a decoction and perform sudation therapy</li> <li>Prepare a pill for example <i>se 'bru zhi</i></li> </ol>	30
	5	<b>Plan and Craft Treatment Protocol:[Duration-30 mins]</b> <b>For any of following disorders Case Scenarios:</b> <ul style="list-style-type: none"> <li><i>gcong can zadbyad</i> (Cachexia)</li> <li><i>skyarbab</i> (Generalized Oedema)</li> <li><i>ma zhuba</i> (Indigestion)</li> <li>Any of the three <i>nyes pa</i> Disorders</li> </ul>	20
<b>Total marks</b>			<b>100</b>
2.	<b>Viva</b>		<b>30</b>
3.	<b>Electives</b>		<b>X</b>
4.	<b>Internal Assessment IA</b>		<b>20</b>
	<b>Total Marks</b>		<b>150</b>



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