

Ayush Module – Internship Electives for MBBS

FOR AYURVEDA SYSTEM OF MEDICINE

- An Intern has to undergo for Training in Ayurveda Institutions as per below mentioned schedule :-

Day	Activity
1 st Day	Guided tour of the Institution
	Orientation/introduction to Ayurveda (Fundamental Principles – Dosha, Dhatu, Agni, Kosta, Prakruti, Saara etc.) followed by Interaction
	Introduction to Rasapanchaka. Principles of Bhaishajyakalpana & Knowledge of dosage forms. Introduction to Bhasma & Bhasma Praiksha Exposure to Rashashala
2 nd Day	Dept. of Kayachikitsa :- Introduction to Samprapti (Pathophysiology) & Principles of Samprapti Vighatana (Management) IPD rounds & attending OPD Discussion on clinical success stories
3 rd Day	Dept. of Panchkarma :- Introduction of Panchkarma (concept of sodhana, pradhana karma, upakarma, ritu soadhana etc.) IPD rounds & attending OPD Exposure to Panchakarma Procedures
4 th Day	Dept. of Prasuti, Stri rog :- Introduction to Prasuti, Stri rog and Kaumarbhritya IPD rounds & attending OPD Knowledge of Uttar basti and other procedures Discussion on clinical success stories
	Dept. of Kaumarbhritya :- Introduction to Prasuti, Stri rog and Kaumarbhritya IPD rounds & attending OPD Discussion on clinical success stories
5 th Day	Dept. of Shalakya :- Introduction to Shalakya Tantra IPD rounds & attending OPD Exposure to various Kriyakalpa procedures Discussion on clinical success stories
6 th Day	Dept. of Shalya Tantra :- Introduction to Shalya Tantra IPD rounds & attending OPD Exposure to various Shastra & Anushastra procedures Discussion on clinical success stories

AYUSH MODULE – ELECTIVES FOR MBBS INTERNS

FOR UNANI SYSTEM OF MEDICINE

An Intern has to Undergo of Training in Unani Institutions as per the below mention schedule.

S.No	Department/ Speciality	Nature of Activity
Day-1		
1	Know Your Campus:- Introduction Programme and Visit	<ul style="list-style-type: none"> • Introductory Programme • Historical background, Origin and basic principles of Unani Medicinal system • Orientation about the Humoural Theory (Dam, Balgham, Safra and Sauda), Temperamental Theory, 06 essential factors for life. • Activities and achievements of units and facilities. • Orientation on Urdu and Arabic Language. • A guided tour of the entire campus, infrastructure and facilities.
Day- 2		
2	Teaching Pharmacy Tour	<ul style="list-style-type: none"> • To orient the student about the basic knowledge, principles of formulation & prescription of Unani medicines, Dosage forms. • Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Unani Medicines and its purification process. • Visit to Herbal Garden and Mufradat Museums/lab (single drugs) • Visit to Murakkabat wa Saidla Meuseum/lab • Exposure to various Alat (instruments and machinery) use for the preparation of drugs. • Visit to Hospital Dispensary
Day- 3		
3	Department of Moalajat/ Amraze Jild wa Tazeeniyat	<ul style="list-style-type: none"> • Introduction to Asbab (causes), Alamat (signs and symptoms), Mahiyatul Amraz (pathology), Usoole Ilaj (principle of management) • Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz. • Ghizai Hidayat wa Parhez (Diet therapy and restrictions). • Attending OPD and IPD rounds (Moalajat) • Discussion on the clinical success stories / cases (Moalajat)
		<ul style="list-style-type: none"> • Introduction to Asbab (causes), Alamat (signs and symptoms), Mahiyatul Amraz (pathology), Usoole Ilaj (principle of management). • Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz. • Ghizai Hidayat wa Parhez (Diet therapy and restrictions). • Attending OPD and IPD rounds (Amraze Jild wa Tazeeniyat) • Discussion on the clinical success stories / cases (Amraze Jild wa Tazeeniyat)
Day- 4		
4	Department of Ilaj Bit Tadabeer	<ul style="list-style-type: none"> • Introduction on different Tadabeer used in Unani system of medicine. • Orientation about the different traditionally used procedures; <ol style="list-style-type: none"> a) Fasad (Venesection) b) Hijama (Cupping) c) Qai (Emesis) d) Irsal e Alaq (Leech Therapy) e) Dalaq (Massage) f) Riyazat (Exercise and Yoga) g) Hammam (Turkish Bath) h) Huqna (Enema) i) Tareeq (Sweating) • OPD procedural exposure and IPD rounds • Discussion on the clinical success stories / cases

Day- 5		
5	Department of Jarahat and Ain, Uzn, Anaf Halaq wa Asnan	<ul style="list-style-type: none"> • Introduction to Jarahat. • Attending OPD and IPD rounds • Exposure to various Alat (instruments) • Discussion on the clinical success stories / cases
		<ul style="list-style-type: none"> • Introduction to Ain, Uzn, Anaf Halaq wa Asnan. • Attending OPD and IPD rounds • Exposure to various Alat (instruments) • Discussion on the clinical success stories / cases
Day-6		
6	Department of Ilmul Qabalat wa Amraze Niswan	<ul style="list-style-type: none"> • Introduction to Ilmul Qabalat wa Amraze Niswan. • Attending OPD and IPD rounds • Exposure to various Treatment Methods (like Farjazah, Nutool wa Humool) • Discussion on the clinical success stories / cases
<p>*Pre-Test, Post-Test & Feedback: ➤ Pre-Test & Post-Test shall be from the KAP questionnaire For Unani system of medicine (First day and Last day of the internship)</p> <p>**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.</p>		

AYUSH MODULE – ELECTIVES FOR MBBS INTERNS

FOR SIDDHA SYSTEM OF MEDICINE

An Intern has to Undergo for Training in Siddha Institutions as per the below mention schedule.

S.No	Department/ Speciality	Nature of Activity
Day-1		
1	Know Your Campus:- Introduction Programme and Visit	<ul style="list-style-type: none"> • Introductory Programme • Historical background, Origin, introduction of Siddhars and basic principles of Siddha System of Medicine. • Orientation about the Three Humoural theory (Vali, Azhal and Aiyam), Five Elemental Theory, Seven Udalkattugal, Envagai Thervu, Ninety Six Thathwas, Temperamental Theory etc. • Tamil Language and Siddha ancient literature. • A guided tour of the entire campus, infrastructure and facilities.
	Teaching Pharmacy Tour	<ul style="list-style-type: none"> • Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Siddha Medicines and its purification process • Introduction to higher order of medicines such as Parpam, Chenduram, Chunnam etc and their preparations. • Tools and instruments used in the Pharmacy.
Day- 2		
2	Department of Maruthuvam (Medicine)	<ul style="list-style-type: none"> • Introduction to 32 types of Siddha Agamaruthuva Muraikal (Internal Medicines) • To orient the student about the basic knowledge, principles of formulation & prescription of Siddha medicines, dosage forms. • Introduction on Siddha diagnostic methods: Naadi Parisodhanai, Neerkkuri and Neikkuri and Manikadainool. • Pathyam (Regulation of diet and habits) prescribed in Siddha for patients. • Attending OPD and IPD rounds • Discussion on the clinical success stories /cases
Day- 3		
3	Department of Varmam, Puramaruthuvam and Sirappumaruthuvam	<ul style="list-style-type: none"> • Introduction of Varma points and pathological Varma conditions and Varmam Treatment. • Thokkanam Techniques. • Introduction to 32 types of Siddha Puramaruthuva Muraikal (External Medicines) • Siddha Management of Neuro- Musculo- Skeletal disorders. • Siddha Management of Psychiatric cases. • Kayakarpam (Rejuvenation therapy) • Siddhar Yoga Maruthuvam (Yoga, Pranayamam and Dhyanam). • Attending OPD and IPD rounds <p style="text-align: center;">Discussion on the clinical success stories / cases</p>
Day- 4		
4	Department of Aruvai including Kan, Kathu, Mookku, Thondai, Pal and Thol Maruthuvam	<ul style="list-style-type: none"> • Introduction to Siddha Surgical instruments. • Orientation about 25 different Siddha surgical procedures; <ol style="list-style-type: none"> a) Attai vidal (leech therapy), b) Aruvai (excision), c) Kuruthi vaangal (blood letting), d) Salagai (probing), e) Varthi (medicated wick), f) Oothal (blowing), g) Peechu (enema / douch), h) Urinjal (sucking), i) Kattuthal (bandaging), j) Chuttigai (cauterization),

		k) Vedhu (steam therapy), l) Pugai (fumigation) and Kaaram (caustic application) etc; <ul style="list-style-type: none"> • Preparation of Karanool. • Introduction to Siddha interventions in the management of Ophthalmology, ENT, Dentistry and Dermatological disorders. • Discussion on the clinical success stories / cases
Day- 5		
5	Department of Sool and Magalir Maruthuvam	<ul style="list-style-type: none"> • Siddha Ante-natal and Post natal care. • Siddha treatments for Gynecological diseases. • Attending OPD and IPD rounds • Discussion on the clinical success stories / cases
	Department of Kuzhathai Maruthuvam	<ul style="list-style-type: none"> • Siddha medicines for new born (Urai Mathirai) • Siddha Immune Booster for Childran. • Management of paediatric cases with Siddha medicines • Application of Puramaruthuvam in Paediatric cases.
Day-6		
6	Dispensary tour	<ul style="list-style-type: none"> • Siddha medicines • Dosage • Anupanam • Culinary Medicine.
	Library tour	<ul style="list-style-type: none"> • Different Books of Siddhars
		<ul style="list-style-type: none"> • Herbal Garden Tour
<p>* Pre-Test, Post-Test & Feedback: ➤ Pre-Test & Post-Test shall be from the KAP questionnaire For Siddha system of medicine (First day and Last day of the internship)</p> <p>**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.</p>		

फीडबैक

शक्तियां:

सुधार की आवश्यकता वाले क्षेत्र

अभ्युक्तियां

छात्र ----- तारीख: -----

संकाय सदस्य ----- तारीख: -----

डॉ. संध्या भुल्लर, सचिव

[फा. सं. विज्ञापन-III/4/असा./448/2021-22]

NATIONAL MEDICAL COMMISSION

NOTIFICATION

New Delhi, the 18th November, 2021

No. UGMEB/NMC/Rules & Regulations/2021/ .— In exercise of the powers conferred by section 57 read with sub-section (1) of section 24 of the National Medical Commission Act, 2019 (30 of 2019), the National Medical Commission hereby makes the following regulations namely:-

1. Short title and commencement.— (1) These regulations may be called the National Medical Commission (Compulsory Rotating Medical Internship) Regulations, 2021.

(2) They shall come into force on the date of their final publication in the Official Gazette of India.

2. Definitions.— (1) In these regulations, unless the context otherwise requires,—

(a) “Act” means the National Medical Commission Act, 2019 (30 of 2019);

(b) “Commission” means the National Medical Commission constituted under section 3 of the Act;

(c) “Curriculum” includes the elements detailed in Schedule III;

(d) “Foreign Medical Graduate” shall have the meaning assigned to it in clause (c) of regulation 2 of the National Medical Commission (Foreign Medical Graduate Licentiate) Regulations, 2021;

(e) “Intern” means a medical graduate undergoing compulsory rotating internship training under these regulations;

(f) “Log Book” means an official document chronicling the performance of an intern and a record of the work done, procedures performed and competencies achieved by him;

(g) “Mentor” shall mean an appropriately qualified and trained medical teacher and senior to the trainee, who guides the trainee in all aspects of graduation, such as, education, skill enhancement, research work and ethical values;

(h) “Notification” means a notification published in the Official Gazette and the expression “notify” shall be construed accordingly;

(i) “Permanent Registration” is the registration of eligible persons with a duly recognised primary medical qualification as regulated under the provisions of Chapter VI of the Act, that provides license to an individual to independently practice modern scientific system of medicine or allopathy in India;

(j) “Primary Medical Qualification” means a medical graduation degree, such as, Bachelor of Medicine and Bachelor of Surgery (MBBS) conferred in India or an equivalent qualification of any country other than India or an

9.	Mandatory Exclusive	Emergency/ Trauma/ Casualty	2 weeks	Includes postings related to Resuscitation areas, Triage, In-patient wards and Operation Theatre, Basic Life Support as well as exposure to medico-legal procedures
10.	Mandatory Exclusive	Forensic Medicine and Toxicology	1 week	Includes Autopsy postings
11.	Mandatory Exclusive	Dermatology, Venereology and Leprology	1 week	Predominantly Out-patient postings with exposure to handling emergencies
12.	Mandatory Exclusive	Otorhinolaryngology	2 weeks	Predominantly Out-patient postings with exposure to handling emergencies, Minor as well as Major Operation Theatres
13.	Mandatory Exclusive	Ophthalmology	2 weeks	Predominantly Out-patient postings with exposure to handling emergencies, Minor as well as Major Operation Theatres
14.*	Electives Exclusive*	Broad Specialties Group	4 weeks total; 2 weeks minimum,	<ul style="list-style-type: none"> • Respiratory Medicine and Directly Observed Treatment Short Course in Tuberculosis (DOTS-TB) Center • Radio diagnosis • Lab Medicine • Geriatric Medicine
15.*	Electives Exclusive	Indian Systems of Medicine	1 week	<p><i>May choose any:</i></p> <ul style="list-style-type: none"> • Ayurveda • Yoga • Unani • Siddha • Homeopathy • Sowa Rigpa

***Note 1: Electives may be selected by candidates as per their choice:**

● **Distribution for electives:**

- Major broad specialty: One minimum for 1 week
- Remaining 3 weeks- Any broad specialty or 2 weeks for broad specialty and 1 week for AYUSH

● Indian systems of Medicine: Optional any one for 1 week. If the college does not have facilities for Electives in AYUSH, an Memorandum of Understanding (MOU) with any Government institution in the same town/ city / district may be established by the college; training must be certified by the mentor with the concurrence of college/ institution where the candidate is enrolled for MBBS.

Note 2: Exposure of interns is mandatory in the following relevant areas during posting for training in clinical departments, namely:—

- (i) Laboratory Medicine and Clinical Biochemistry;
- (ii) Histopathology and Cytopathology;
- (iii) Hematology, and Transfusion Medicine / Blood Bank;
- (iv) Microbiology (including Virology);
- (v) Hospital Infection Control, Biomedical Waste Management, Central Sterile Supply Units;
- (vi) Medical Record Keeping;
- (vii) Hospital Information Services.