

College Logo

University Logo

Name of the College.....

Name of University.....

**SIDDHA MARUTHUVA ARIGNAR
BACHELOR OF SIDDHA MEDICINE AND SURGERY
FIRST PROFESSIONAL B.S.M.S**

**UDAL THATHUVAM
(PHYSIOLOGY)**

SIDUG – UT

PRACTICAL RECORD BOOK

Name of the Student :

Institutional Roll No. :

Academic Year:

DEPARTMENT OF UDAL THATHUVAM (PHYSIOLOGY)

UNIVERSITY
LOGO

COLLEGE
LOGO

NCISM
LOGO

COLLEGE NAME.....

APPROVED BY
NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE, NEW DELHI

AFFILIATED TO
UNIVERSITY NAME.....

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Name of the Student :

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CERTIFICATE

This is to certify that, Mr./Mrs./Miss..... (Name of student) bearing Roll No..... and University Register / Enrollment No..... has satisfactorily completed all the Practical of Udal Thathuvam (Physiology)- SIDUG – UT prescribed by the National Commission for Indian System of Medicine as a part of First Professional B.S.M.S Course.

HEAD OF THE DEPARTMENT

Submitted for the Practical Examination Conducted by(University Name), held on.....(date) at.....(College name).

EXAMINERS

Date:-----

Internal: -----

Place:-----

External: -----

INDEX

Sr. No.	Date	Name of Practical	Term	Page No.	Signature of Faculty
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

INSTRUCTIONS & GUIDELINES

General

1. The common format for the practical prescribed by the NCISM is aiming to maintain uniformity among colleges/institutions across the country.

Instructions to Students

2. The student will prepare the practical record book, including the cover page, first inner page, certificate page, and index page as per the format prescribed by the NCISM here.
3. The student will record in the practical record book handwritten immediately after each practical and get the signature of the concerned teaching faculty.
4. The student will use the specific format/template for recording each practical in the practical record book.

Instructions to Teachers/HOD

5. It is the responsibility of the department to conduct practicals as per the list, schedule, method, etc., specified in the curriculum.
6. The teacher must instruct the student to record his/her work as per the specific format prescribed by the NCISM here. **(List of practical and format references are enclosed herewith)**
7. After each practical, the concerned teacher must verify the completion of the record work and put the signature in the index page.
8. The certificate page of the practical record will be certified and signed by the concerned head of the department.
9. Normal values or any other important information confined to the subject, if any, may be printed in the last pages.

Guidelines specific to the subject:

1. Use appropriate colours for diagram
2. Use appropriate solutions:
 - WBC diluting fluid/RBC diluting fluid
 - Differential count – Leishman's stain
 - Blood group and Rh typing
3. Mention normal values with proper unit
4. Use blue or black ball point or gel pen for description
5. Unstained preparations may be drawn using HB lead pencil.
6. Every diagram should be with a caption and proper labelling
7. Draw the diagrams on the left-hand side and description on the right-hand side
8. Proportion of structures should be appropriate in microscopy field

List of Practical and Format Reference

S. No.	Name of the Practical	Format reference
Major Practical – UT I		
P1	Examination of Naadi for the given person	I
P2	Examination of Udal kattugal (Physical constituents) for the given person	II
P3	Examination of Envagai thervu for the given person	III
P4	Examination of Udaliyal (Tempereament) for the given person	IV
Minor Practical – UT I		
P5	Suvaigal – 2 spotters each	V
P6	Unavuportukal – Gunangal – 2 spotters each	VI
Major practicals – UT II		
P1	Estimation of Haemoglobin	VII
P2	Total RBC Count	VII
P3	Total WBC Count	VII
P4	Differential Leucocytes Count	VII
P5	Determination of ESR	VII
Minor Practicals – UT II		
P1	Determination of Bleeding time	VII
P2	Determination of Clotting time	VII
P3	Blood grouping and Rh - typing	VII
P4	Measurement of Body temperature	VIII
P5	Measurement of Blood pressure	VIII
P6	Examination of Deep tendon reflex	IX
P7	Examination of Superficial reflex	IX

P8	Examination of Cranial nerves	X
P9	Examination of Cardio vascular system	XI
P10	Examination of Respiratory system	XII
P11	Examination of Gastro intestinal system	XIII

FORMAT: I

(FOR THE PRACTICAL P1)

Name:

Age/Sex:

Occupation:

Address:

Date/Time:

Normal pulse:

Time of observing pulse:

Pulse predominant at the given time:

Pulse rate of the subject:

Rhythm:

Volume:

Force:

Character:

Heart rate:

Blood pressure:

Conclusion:

FORMAT: II

(FOR THE PRACTICAL P2)

Name:

Age/Sex:

Occupation:

Address:

Date/Time:

No. Of family members:

1. Saaram:

Built:

Nature of hunger:

Dietary food habit:

Adequate balance diet:

Nutrition/special food:

Previous history of illness:

Sleep pattern:

2. Chenneer

Physical constituent

Nature of hunger

Eyes

Nail beds

Colour of skin

Heart sound

Blood pressure

Pulse

Spleen

Disease (if any)

3. Ooun

Physical constituent

Weight

Height

Nature of muscle

Disease (if any)

Nature of joints

4. Kozhuppu

Physical constituent
Emaciation
Physical constituent during exercise
Blood pressure
Diabetes mellitus
Pulse rate

5. Enbu

Physical constituent
Changes in bone
Age
Osteoporosis
Nature of joints/teeth/nails

6. Moolai

Anasarca
Papilloedema
Wrist
Carpometal oedema
Oliguria
Blood pressure
Non-healing ulcer

7. Sukilam/suronitham

Volume of semen
Pain in scrotum & pelvis
Menstrual cycle
History
History of conception
Sexual desire

CONCLUSION

FORMAT: III
(FOR THE PRACTICAL P3)

Aim

Principle

The eight fold diagnostic are

Sparisam

Nae

Niram

Mozhi

Vizhi

Malam

Moothiram

Naadi

Name

Age/sex

Occupation

Address

Day/time

NAADI

Pulse

Rate of pulse

Type of pulse

Result

SPARISAM

Moist/dry skin

Textures of skin

Fine sensation

Crud sensation

Swelling

Eruption

Result

NAA

Colour

Coating on the tongue

Size
Shape
Surface
Movement
Moisture
Result

NIRAM

Complexion
Eruption
Colour change in skin
Erythema
Cyanosis
Pustules
Vesicles
Warts
Result

MOZHI

Normal speech
Dysarthria
Slurring
Stammering
Result

VIZHI

Eye brow
Eye lit
Sclera
Cornea
Vision
Exophthalmos
Conjunctiva
Dullness of vision
Result

MALAM

Volume

Colour

Froath

Blood with mucuss

Nature of stool

Smell

Presence of worm

Result

MOOOTHIRAM

Volume

Colour

Consistency

Odour

Specific gravity

Result

CONCLUSION

FORMAT: IV
(FOR THE PRACTICAL P4)

THREE HUMORS

Name:

Age/Sex:

Occupation:

Address:

Body weight:

Colour of skin and conjunctiva:

Functions of five sense organ:

Sensory perception:

Involuntary movements:

Sleep:

Giddiness:

Speech:

Syncope:

Perspiration:

Palpitation

Cough:

Breathlessness:

Flatulence:

Preference of food:

Hunger and thirst:

Taste sensation:

Bowel habits:

Burning sensations all over the body:

FORMAT: V
(FOR THE PRACTICAL P5)

SUVAIGAL

Taste of the substance

Combination of panchaboothas:

Synergistic taste:

Antagonistic taste:

Season when taste get vitiated :

Vitiating three humours :

Neutralizing humours:

Excessive growth of constituent :

Normal effects of the taste:

Ill effects of the taste:

Conclusion

FORMAT: VI
(FOR THE PRACTICAL P6)

Unavuporutkal – Gunangal

Name of the food substance

English name /botanical name

Parts used

Usage in food

Gunam

Medical properties

Good effects

Ill effects

Antidote

FORMAT: VII

(FOR THE MAJOR PRACTICAL P1, P2, P3, P4, P5)

MINOR PRACTICAL P1, P2, P3

PRACTICAL STUDY OF HAEMATOLOGY

(Findings left side and description Right side)

Aim

Principle

Apparatus and reagents required

Procedure

Precautions

Normal value

Result

FORMAT: VIII

(FOR THE MINOR PRACTICAL P4, P5)

RECORDING BODY TEMPERATURE AND BLOOD PRESSURE

Aim

Principle

Apparatus required

Description of a clinical thermometer/sphygmomanometer/ stethoscope

Procedure

Precautions

Normal value

Result

FORMAT: IX
(FOR THE MINOR PRACTICAL P6, P7)
EXAMINATION OF REFLEXES

Name :

Age :

Sex :

Date of Examination :

I. Grade of the Reflexes

II.	Superficial Reflex	:
1.	Corneal reflex	-
2.	Conjunctival reflex	-
3.	Abdominal reflex	-
4.	Cremasteric reflex	-
5.	Plantar reflex	-

III.	Deep Reflex	:
1.	Jaw Jerk reflex	-
2.	Biceps Jerk	-
3.	Triceps Jerk	-
4.	Supinator Jerk	-
5.	Knee Jerk	-
6.	Ankle Jerk	-

IV.	Visceral Reflexes	:
1.	Light reflex	-
2.	Accommodation reflex	-

V.	Pathological Reflexes	
1.	Babinski sign	-
2.	Clonus	-
	a. Ankle Clonus	-
	b. Patellar Clonus	-
3.	Pendular Movement	-

FORMAT: X
(FOR THE MINOR PRACTICAL P8)
EXAMINATION OF CRANIAL NURVES

Name :
Age :
Sex :
DateofExamination :

1. Olfactory Nerve:

Sensation of Smell -

2. Optic Nerve :

Visual acuity - (distant & Near Vision)

Field of Vision -

Colour Vision -

3.Occulomotor (3) Trochlear(4) Abducent (6) :

Light reflex -

Accomadation reflex -

Ocular Movement -

5. Trigeminal Nerve

Corneal reflex

Movement of the Mouth

Conjunctival reflex

Jawjerk reflex

Clenching of the teeth

7. Facial Nerve

Wrinkle the skin

Orbicularis Oculi test

Nasolabial fold

Whistling test

Buccinator test

Lower Lip test

Taste Sensation

8. Vestibulo Cochlear Nerve

Rinne's test

Weber's test

9. Glossopharyngeal Nerve

Taste Sensation

Gag reflex

10)	Vagus Nerve	:
1.	Uvula Movement	:
2.	History of regurgitation	:
11)	Accessory Nerve	:
1.	Movement of Shoulder shrugging of shoulder	-
2.	Movement of face against resistance	-
12)	Hypoglossal Nerve	:
a.	Movement of tongue	-

FORMAT: XI
(FOR THE PRACTICAL P9)
EXAMINATION OF CVS

Name

Age/sex

Occupation

Address

Date of examination

INSPECTION

Size and shape of the chest wall

Symmetry of chest wall

Position of trachea

Position of apical impulse

Engorged pulse dilated veins over the chest wall or neck

Respiratory rate

Presence or absence of cyanosis

Dyspnea

PALPATION

Apical impulse

Position of trachea

PERCUSSION

AUSCULTATION

Mitral area

Aortic area

Pulmonary area

Tricuspid area

Presence or absence of murmur

Result

FORMAT: XII

(FOR THE MINOR PRACTICAL P10)

EXAMINATION OF RESPIRATORY SYSTEM

Name

Age/sex

Occupation

Address

Date of examination

● **INSPECTION**

Size and shape of the chest wall

Symmetry of chest wall

Position of trachea

Position of apical impulse

Engorged pulse dilated veins over the chest wall or neck

Respiratory rate

Movements of chest wall

Supra clavicular

Infra clavicular

Supra mammary

Infra mammary

Axillary

Infra axillary

Supra scapular

Infra scapular

Inter scapular

Presence or absence of cyanosis

Dyspnoea and cough

Presence or absence of pulsatile

Neck vein

II. PALPATION

Expansion of chest

a. During expiration

b. During inspiration

Position of trachea

Tactile vocal fremitus

Supra clavicular

Infra clavicular

Supra mammary

Infra mammary

Axillary

Infra axillary

Supra scapular

Infra scapular

Inter scapular

Movements of chest wall

III. PERCUSSION

Supra clavicular

Infra clavicular

Supra mammary

Infra mammary

Axillary

Infra axillary

Supra scapular

Infra scapular

Inter scapular

IV. AUSCULTATION

Vesicular breathing

Supra clavicular

Infra clavicular

Supra mammary

Infra mammary

Axillary

Infra axillary

Supra scapular

Infra scapular

Inter scapular

Bronchial breathing

Vocal breathing

Abnormal resonance

Added sounds

Inference

Result

FORMAT:XIII

(FOR THE MINOR PRACTICAL P11)

EXAMINATION OF GASTRO INTESTINAL SYSTEM

Name

Age/sex

Occupation

Address

Date of examination

INSPECTION

State of skin

Colour or shape

Abnormal asymmetry

State of umbilicus

Movements of respiration

During inspiration

During expiration

Visible pulsation

Visible peristalsis

Hemia site

PALPATION

Liver

Spleen

Right kidney and left kidney

PERCUSSION

All area

Shifting dullness

Fluid thrill

AUSCULTATION

Bowel sound

Result