

**COURSE CURRICULUM FOR FIRST PROFESSIONAL
BSRMS
(PRESCRIBED BY NCISM)**

Subject/Course:

gso dpyad rtsis rig

(Subject Code: SRUG-KT)

Sowa-Rigpa Medical Astrology

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



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

NEW DELHI-110058



SOWA-RIGPA COURSE CURRICULUM & SYLLABUS

Session: First Professional B.S.R.M.S.

Subject/Course: *gso dpyad rtsis rig* (Sowa-Rigpa Medical Astrology)

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Preface

Our body is composed of the five elements (flawless seeds from father and mother), sustained by the five elements and afflicted by the same elements when they are either in escalated, exhausted or agitated state. Sowa-Rigpa provides various preventive remedies in forms of diet, behaviour and therapeutic remedies like medicine and accessory therapies in order to pacify the disturbed state of the elements. Whereas, Medical Astrology analyses the elements as per their mother-son-enemy-friend and self relationship, and directs remedies in form of personal Pujas, mantras, protective amulets, rituals and counselling as per astrological calculations to pacify a negative energy.

So, in this syllabus, the first chapter, Preliminary calculations of Astronomy, focuses on the formula and the method to mathematical calculations on sand-board. It also highlights the Synonyms of Numbers, and teaches how to recognize the Planets and its technical terms.

The second chapter highlights on basic calculations of all elemental astrology, such as history of the Elemental Astrology, Calculation of the Twelve year sign, the nine Numeric Square numbers, the eight Trigrams, and Calculations of the Twelve Elemental months, the dates and the hours etc.

The third chapter mainly gives information about critical illnesses. It can reveal undisclosed information about those kinds of ailments, for which the cause is not evident. As for the critical illnesses, this chapter reveals information about the duration of the illness, whether the illness could be cured immediately or not, and also if the illness is a threat to the patient's life or not. Based on the calculations, it offers remedial measures in forms of prayers, rituals and counselling.

The fourth chapter, the usage of Almanac, emphasises the necessary of the astrological sciences when implementing accessory therapies. It becomes crucial to choose the perfect day, date and hour, when treating a patient, which is possible only if the physician has an understanding of the astrological calculations elaborated in the almanac.

To sum up, both these disciplines are based on the concept of the five elements. The aim and objective is to help the sentient beings and moreover to maintain a healthy human life. Therefore, these disciplines are interdependent in order to achieve the principal goal. There is a saying that 'in order to be a good Sowa-Rigpa physician, one has to have a basic astrological knowledge.

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Summary

TEACHING HOURS DISTRIBUTION

Papers	Lecture Hours	Non-Lecture Hours	Total Hours
One paper (Theory)	80	160	240
Practical	NA	X	X
Total			240

Examination (Papers & Mark Distribution)					
Item	Theory Component Marks	Practical Component Marks			
		Practical	Viva	Elective	Internal Assessment
Paper I	100		30		20
Sub-Total	100		50		
Total marks		150			

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SOWA-RIGPA COURSE CURRICULUM & SYLLABUS

Session: First Professional B.S.R.M.S.

Table 1:- Course Code and Name of Course

Sl. No.	Name of the subject / Course		
	Subject Code	Subjects / Course	Equivalent Terms
7	SRUG-KT	<i>gso dpyad rtsis rig</i>	Sowa-Rigpa Medical Astrology

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

Chapters		Term (I/II/III)	Distribution of Hours
1	<i>dpal dang po'i sangs rgyas las phyi dus kyi 'khor lo'i skar rtsis kyi rimos gtan la 'bebs par byed pa'i man ngag rigs ldan 'dzum pa'i 'odzer las rtsis kyi sngon 'gro mdor bsdus su bkod pa.</i> (The Preliminary calculations of Astronomy from the text Rays of joy for the <i>Kulikas</i>)	I	76
2	<i>skor 'go spyi'i rnam bzhag bstan pa</i> (The basic calculation of the Elemental Astrology) (Section 1 to 3 for I term)	I	
	<i>skor 'go spyi'i rnam bzhag bstan pa</i> (The basic calculation of the Elemental Astrology) (Section 4 to 11 section II term)	II	91
3	<i>sri'u dang nad pa'i rtsis</i> (Medical Horoscope)	II	
4	<i>bod kyi srol rgyun le tho lta stangs</i> (The usage of Tibetan Almanac)	III	73
Total Hours			240

Table 3:-THEORY (LECTURE AND NON-LECTURES)

CHAPTERS/ SUB-HEADINGS/Section	L/NL	TEACHING LEARNING/TL- METHODS	L-H	NL-H	TOTAL LH+NL H	
Chapter No. 1	<i>dpal dang po'i sangs rgyas las phyi dus kyi 'khor lo'i skar rtsis kyi rimos gtan la 'bebs par byed pa'i man ngag rigs ldan 'dzum pa'i 'odzer las rtsis kyi sngon 'gro mdor bsdus su bkod pa.</i> (The Preliminary calculations of Astronomy from the text Rays of joy for the <i>Kulikas</i>)		20	30	50	
Section 1:	<i>lo rgyus</i> (History)	L	Lecture	2	-	2
Section 2:	<i>sa ris kyi bsgyur bgod bsre 'phri bya tshul</i> (Ways to do mathematical calculations on sand board) K: Understand and Describe, Formula and Method to mathematical calculations. S: Solve on Sand board S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Problem Solving, Illustrations and Peer Learning	7	15	22
Section 3:	<i>grangs gnas bstan pa</i> (Doctrine of numerical places) K: Understand and Describe on Numerical places.	L	Lecture	1	-	1
Section 4:	<i>grangs kyi mngon brjod bshad pa.</i> (Synonyms of Numbers) K: Understand and enlists the synonyms of Numbers.	L	Lecture	3	-	3
Section 5:	<i>gza'i tha snyad bshad pa.</i> (Planets and its technical terms)	L/ NL	Lecture, Edutainment (Video clips, Illustration with models)	2	2	4

	K: Understand and Describe of Planets. S: Recognize the Planets. S/A: Interpret and drawn conclusions.					
Section 6:	<i>rgyu skar nyer bdun bshad pa.</i> (27 Constellations and its commentary) K: Describe Constellations. S: Recognize the Constellations. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Group Discussions/Inquiry Base Learning/Observation on constellations and App Base Learning	1	5	6
Section 7:	<i>khyim bcu gnyis bshad pa.</i> (12 Zodiacs and its commentary) K: Describe 12 Zodiacs	L	Lecture	1	-	1
Section 8:	<i>sbyor ba, byed pa dang rten 'brel bshad pa.</i> (<i>Yog, Karan and interdependent links</i> and its commentary) K: Understand and discuss Yog, Karana and Interdependent Links. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Group Discussions and Presentation	1	5	6
Section 9:	<i>lo dang zla ba bshad pa</i> (Year and Month and its commentary) K: Understand and explan of Year and Month. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Group Discussions/Audio Visual aids	1	3	4
Section 10:	<i>mJug bsDu ba.</i> (Conclusion)	L	Lecture	1	-	1

	K: Explain the conclusion part.					
Chapter No. 2	<i>'byung rtsis zla b'i 'od zer las, skor 'go spyi'i rnam bzhaq bstan pa</i> (The basic calculation of the Elemental Astrology)			35	70	105
Section 1:	<i>mtshan don dang gzhung gi don</i> (History of the Elemental Astrology) K: Explain the History of Elemental Astrology	L	Lecture	2	-	2
Section 2:	<i>rus khams bshad pa</i> (Constitutional types) K: Discuss the knowledge of Constitutional types. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Power Point Presentation/Chart/Poster Preparation by students	2	2	4
Section 3:	<i>lo bshad pa</i> (Calculation of the Twelve year sign) K: Describe the knowledge of Year Sign and Formula and method to calculate. S: Solve and find the answer. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Group Discussions Inquiry Base Learning	5	15	20
Section 4:	<i>smewa bshad pa</i> (Calculation of the nine numeric Square numbers) K: Describe and understand Nine Numeric Square numbers. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Group Discussions and Role play	5	15	20
Section 5:	<i>spar kha bshad pa</i> (Calculation of the eight trigrams) K: Explain Eight Trigrams.	L/ NL	Lecture, Calculations and Pictorial Presentation	5	12	17

	S: Solve and method to find the answers. S/A: Interpret and drawn conclusions.					
Section 6:	<i>zla wa bshad pa</i> (Calculation of the Twelve Elemental months) K: Explain Twelve Elemental Months. S: Solve and method to find the answers. A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations and Pictorial Presentation	3	4	7
Section 7:	<i>tshes drang bshad pa</i> (Calculation of the dates) K: Discuss the dates. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations and Pictorial Presentation	3	4	7
Section 8:	<i>dus tsod bshad pa</i> (Calculation of the hours) K: Understanding and enlist of Hours. S: Solve and method to find. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations and Group discussions	3	4	7
Section 9:	<i>gza bshad pa</i> (Calculation of the planets) K: Describe the Planets. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations and Presentations	2	2	4
Section 10:	<i>skar ma bshad pa</i> (Calculation of the twenty-eight constellations) K: Describe Twenty-Eight Constellations. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations	1	2	3

Section 11:	<i>mjug bsdoms</i> (Conclusion) K: Explain <i>Gumig</i> and <i>Durmig</i> S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, chart presentations and Poster	4	10	14
Chapter No. 3	<i>'byung rtsis zla b'i 'od zer las nad pa'i rtsis</i> (Medical Horoscope)			2	10	12
Section 1:	<i>nad rtsis rdel bchu dgu bor tsul</i> (Nineteen pebble calculations of Medical Astrology) K: Explain and Discuss of Medical Astrology. S: Solve and method to find the answers. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Group Discussions Inquiry Base Learning <i>rdel 'grems</i> (Practice done with pebbles)	2	10	12
Chapter No. 4	<i>bod kyil srol rgyun le tho lta stangs</i> (The usage of Tibetan Almanac)			23	50	73
Section 1:	<i>le tho'i sabon bod rtsis rigpae ngo sprod</i> (The introduction to Tibetan Traditional Astro-science) K: Give Introduction	L	Lecture	1	-	1
Section 2:	<i>lo gcig 'khyud skor skeg rtsis</i> (<i>Interpretation of One Year prediction</i>) K: Explain the One year Prediction S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Calculations, Group Discussions Inquiry Base Learning <i>rdel 'grems</i> (Practice done with pebbles)	1	8	9
Section 3:	<i>bla gza' srog gza'</i>	L/	Lecture, Calculations	1	5	6

	<p><i>sogs bshad pa</i> (Soul day and Life-Force day) K: Explain Soul day and Life-Force day S: Solve and method to calculate. S/A: Interpret and drawn conclusions.</p>	NL	and Survey			
Section 4:	<p><i>spar kh'i bgzang bzhi ngan bzhi</i> (Four auspicious and four inauspicious of <i>Parkhas</i>) K: Describe Four auspicious and four inauspicious of <i>Parkhas</i> S: Solve and method to calculate. S/A: Interpret and drawn conclusions.</p>	L/ NL	Lectures, Calculations and Presentations	1	2	3
Section 5:	<p><i>rigs ldan dang bdud rtsi 'char rtsis</i> (Favourable timings of the weekdays) K: Explain Favourable timings of the weekdays. S: Solve and method to calculate. S/A: Interpret and drawn conclusions.</p>	L/ NL	Lecture, Calculations and Group Discussions	2	3	5
Section 6:	<p><i>sgra chen dang zinphung 'khor lo</i> (Wheel of Drachen and Zinphung) K: Describe Wheel of <i>Drachen</i> and <i>Zinphung</i> S: Solve and find the answers. S/A: Interpret and drawn conclusions.</p>	L/ NL	Lecture, Kinesthetic Learning	2	4	6

Section 7:	<i>Lo'i phyogs dkar</i> (favourable direction of the year) K: Explain the favourable direction of the year.	L	Lecture	1	-	1
Section 8:	<i>zla 'khor sa bdag dang zla bshad</i> (Monthly explanation and monthly movement of Earth-Lords) K: Describe and Understand Monthly explanations S: Solve and find the answers. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Group discussions	2	4	6
Section 9:	<i>tshes khongs las: 'char gzhi'i tshes dang gza skar sogs ngo sprod</i> (Introduction to Lunar days, planets, constellations etc in the <i>tse-khong</i>) K: Describe and Explain <i>Tsekhong</i> S: Solve and method to calculate. S/A: Interpret and drawn conclusions.	L/ NL	Lecture, Kinesthetic Learning, Edutaining, Group Discussions	12	24	36
Total hours				80	160	240

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	
7	<i>gso dpyad rtsis rig</i> (Sowa-Rigpa Medical Astrology)	1	100	-	30	-	20	50	150

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	First	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 + SAQ + LAQ) & Practical (Converted to 20)	Sub Total (40 marks)	Term Assessment (20 marks)
First						D+E	D+E/2
Second						D+E	D+E/2
Third					Nil	D	D
Final IA	Final Internal Assessment: Average of three Term Assessment marks as shown in 'G' column						

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

I PROFESSIONAL BSRMS EXAMINATIONS

< SRUG-KT >

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. Distribution of theory Exam and Question paper-Blue print

SL. No	Chapters	Marks	Types of Questions		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
1	<i>dpal dang po'i sangs rgyas las phyi dus kyi 'khor lo'i skar rtsis kyi rimos gtan la 'bebs par byed pa'i man ngag rigs ldan 'dzum pa'i 'odzer las rtsis kyi sngon 'gro mdor bsdus su bkod pa.</i> (The Kalachakra system of Astronomical Calculations)	25	Yes (5 Nos)	Yes (2 Nos)	Yes (1 No)
2	<i>'byung rtsis zla b'i 'od zer las, skor 'go spyi'i rnam bzhag bstan pa</i> (The basic calculation of the Elemental Astrology)	35	Yes (5 Nos)	Yes (4 Nos)	Yes (1 No)
3	<i>'byung rtsis zla b'i 'od zer las, nad pa'i rtsis</i> (Medical-Horoscope)	15	Yes (5 Nos)	No	Yes (1 No)
4	<i>bod kyi srol rgyun le tho lta stangs</i> (The usage of Tibetan Almanac)	25	Yes (5 Nos)	Yes (2 Nos)	Yes (1 No)
Total Marks		100	20 Marks	40 Marks	40 Marks

G. Distribution of Practical Exam

S N	Heads	Marks
1.	Practical NA	--
2.	Viva	30
3.	Internal Assessment	20
4.	Electives NA	--
Total		50

REFERENCE BOOKS :

S. No.	TEXT BOOKS	AUTHOR	PUBLICATION
1	<i>rigs ldan 'dzoom pa'i 'odzer</i>	<i>Chagzod Sungrab</i>	Men-Tsee-Khang (Dharamsala)
2	<i>'byung rtsis man ngag dawa'i 'odzer</i>	<i>Lochen choephel Gyatso</i>	Men-Tsee-Khang (Dharamsala)
3	<i>nyin byed snang ba</i>	<i>Lochen choephel Gyatso</i>	Men-Tsee-Khang (Dharamsala)
REFERENCE BOOKS			
1	<i>nyin byed snang ba</i>	<i>Lochen Dharma shri</i>	Men-Tsee-khang (Dharamsala)
2	<i>rnam 'grel gser shing</i>	<i>Lochen Dharma shri</i>	Men-Tsee-khang (Dharamsala)
3	<i>gnam rig skar rtsis</i>	<i>Samdrup Gyatso</i>	<i>Mirig Patrunkhang</i>
4	<i>skar nag rtsis kyi sngon 'gro (Mipham Sungbhum)</i>	<i>Mipham Geleg Gyatso</i>	<i>Palphung Parma</i>
5	Vaidurya Karpo	<i>Desi Sangye Gyatso</i>	Men-Tsee-Khang (Dharamsala)
6	<i>dpag bsam ljon shing</i>	<i>Lhamo Tsultrim</i>	Men-Tsee-Khang (Dharamsala)
7	<i>'byung rtis utpal sngon po (The blue Utpal)</i>	<i>Getse Gyurmey Tenphe Namgyal</i>	<i>Merig Patrunkhang</i>
8	<i>nyer mkho bum bzang</i>	<i>Karma Nyeleg Tenzin</i>	<i>Palphung</i>
9	<i>'byung rtsis sngon 'dro gtzug lag sgo 'byed lde mig</i>	<i>Sangye Nyima</i>	Men-Tsee-Khang (Dharamsala)
10	<i>le tho lta stangs</i>	<i>Aepa Sonam Rinchen</i>	Men-Tsee-Khang (Dharamsala)