

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

**Subject/Course:**

***sman rdzas-I***

**(Subject Code: SRUG-MZ-I)**

**Materia Medica (Part-I)**

**(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: *sman rdzas-I* / Materia Medica (Part-I)**  
**Subject Code: SRUG-MZ-I**

## **Index**

Preface .....	2
Summary .....	3
TEACHING HOURS DISTRIBUTION.....	3
Examination (Papers & Mark Distribution).....	3
Table 1:- Course Code and Name of Course .....	4
Table 2 :- THEORY (CONTENTS, TERM AND DISTRIBUTION OF HOURS).....	4
Table 3 A:-THEORY (LECTURE AND NON-LECTURES) .....	4
Table 3 B:- PRACTICAL (NON-LECTURE) .....	6
Table 4:- Assessment Summary .....	6
A. Number of papers and Marks Distribution.....	6
B. Scheme of Assessment (formative and Summative) .....	6
C. Calculation Method for Internal Assessment Marks (20 Marks).....	7
D. Evaluation Methods for Periodical Assessment .....	7
E. Question Paper Pattern .....	8
F. Theory and Practical Blue Print.....	8
a- Distribution of theory Exam and Question paper-Blue print.....	8
b. Distribution of Practical Exam - Blue Print.....	8
G. Distribution of Practical Exam.....	9
REFERENCES.....	9

## **Preface**

The significance of a syllabus is to make the identification of Medicinal Herbs and Medicinal Minerals in Tibetan Medical Traditional a standard one. This syllabus includes three equal parts. It is taught with the illustration photograph of medicinal plants. This explains the range of Habitat, identification of the Supreme and Inferior plants, the difference between male, female and hermaphrodite plants. It explains the method in identifying the quality of a dried medicinal plant through smell and taste.

A Syllabus includes B shed gyrod le'u 20 having 265 Materia Medica Sngo Sman Krugs dpebsdus pa ngo tshar snges having 562 Materia Medica

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**Session: First Professional B.S.R.M.S.  
Subject/Course: *smān rdzas-I* / Materia Medica (Part-I)  
Subject Code: SRUG-MZ-I**

**Summary**

**TEACHING HOURS DISTRIBUTION**

<b>Papers</b>	<b>Lecture hours</b>	<b>Non-Lecture hours</b>	<b>Total hours</b>
One	90	54	144
Practical	NA	126	126
<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>20</b>	<b>10</b>	<b>20</b>
				<b>(Set-FC)*</b>	
<b>Sub-Total</b>	<b>100</b>	<b>150</b>			
<b>Total marks</b>	<b>250</b>				

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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 subjects		
	Subject Code	Subjects	Equivalent Terms
5	SRUG-MZ1	<i>smān rdzas-I</i>	Materia Medica (Part-I)

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

Chapters		Term (I/II/III)	Distribution of Hours
1. <i>bshad rgyud le'u nyi shu smān gyi nus pa bstan pa</i> བཤད་རྒྱུད་ལེན་ ༥༠ མཚན་གྱི་ རྒྱས་པ་བསྟན་པ།	1. Precious, stone and soil medicine རིན་ཆེན་མཚན་གྱི་སྤྲེང་དང་། རྩ་མཚན་གྱི་སྤྲེང་། ས་མཚན་གྱི་སྤྲེང་།	I	30
	2. Herbs and wood medicine སྤྲོ་མཚན་གྱི་སྤྲེང་དང་། ཤིང་མཚན་གྱི་སྤྲེང་།	II	30
2. <i>sngon smān 'khrungs dpe bdud rtsi gser gyi snye ma</i> སྤྲོ་མཚན་འཕྲུང་སྤྲེང་དཔེ་བུ་དང་ཅི་གཞུང་གྱི་སྤྲེང་།		I/II/III	84
<ul style="list-style-type: none"> <li>▪ <b>Term-I:</b> Crops ལོ་ཐོག་མཚན་གྱི་སྤྲེང་ (10 Hours)</li> <li>▪ <b>Term-II:</b> Trees ཤིང་མཚན་གྱི་སྤྲེང་ (15 Hours)</li> <li>▪ <b>Term-III:</b> Plants སྤྲོ་མཚན་གྱི་སྤྲེང་ (59 Hours)</li> </ul>			
<b>Total Hours</b>			<b>144</b>

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

Chapter/ Sub-headings	Lecture (L)/ Non-Lecture (NL)	Teaching-Learning (TL) Methods	Distribution of hours	
			LH	NLH
<b>Chapter 1: <i>bshad rgyud le'u nyi shu smān gyi nus pa bstan pa</i></b> བཤད་རྒྱུད་ལེན་ ༥༠ མཚན་གྱི་རྒྱས་པ་བསྟན་པ། <b>Ref. no. 1-</b> (272 numbers of Medicinal substances including plants and minerals)			<b>60</b>	
<b>a) Precious, Stone and Soil medicine:</b> K:- Describe taste, Potency, detoxification, formulations used.	L/NL	<ul style="list-style-type: none"> <li>▪ Lecture, group discussion, digital database, chats, video, apps, specimens, etc.</li> </ul>	20	10

S:- Identify, external feature, taste, smell etc. A/K:- Recognize need of Conservation and Awareness				
<b>b) Herbs and Wood medicine</b> K:- Describe morphology, Potency, habitat, taste, detoxification, part used, formulations used. S:- Identify, external feature, taste, smell etc. A/K:- Value need of conservation, Cultivation, Substitute used, awareness etc.	L/NL	<ul style="list-style-type: none"> <li>▪ Lecture, discussion, Edutainment and digital presentation, etc.</li> <li>▪ Visit Garden, charts, video, apps, digital database, specimen etc.</li> <li>▪ Group discussion, spot exam, etc.</li> </ul>	20	10
<b>Chapter 2: <i>sngo Sman Khrungs dpe bsdus pa ngo tshar gser snye</i></b> མོ་སྐྱེད་འཕུངས་དཔེ་བསྟན་ཚིག་ལེན་གྱི་སྒྲུབ། <b>Ref. no. 2-</b> (573 numbers of Medicinal substances)			<b>84</b>	
<b>a) Crops</b> K:- Discuss the morphology, Potency, habitat, taste, detoxification, part used, formulations used. S:- Identify, external feature, taste, smell etc. A/K:- Realize substitute used, awareness etc.	L/NL	<ul style="list-style-type: none"> <li>▪ Lecture, peer discussion, Edutainment and digital presentation, etc.</li> <li>▪ Visit Garden, charts, video, apps, digital database, specimen, etc.</li> <li>▪ Group discussion, etc</li> </ul>	7	3
<b>b) Trees</b> K:- Discuss the morphology, Potency, habitat, taste, detoxification, part used, formulations used. S:- Identify, external feature, taste, smell etc. A/K:- Recognize need of conservation, cultivation, Substitute used, awareness etc.	L/NL	<ul style="list-style-type: none"> <li>▪ Lecture, peer discussion, Edutainment and digital presentation etc.</li> <li>▪ Visit Garden, charts, video, apps, digital database, specimen etc.</li> <li>▪ Group discussion, etc.</li> </ul>	10	5
<b>c) Plants</b> K:- Discribe morphology, Potency, habitat, taste, detoxification, part used, formulations used.	L/NL	<ul style="list-style-type: none"> <li>▪ Lecture, peer discussion, Edutainment and digital presentation etc.</li> <li>▪ Visit Garden, charts, video, apps, digital database, specimen etc.</li> <li>▪ Group discussion, etc.</li> </ul>	35	24

S:- Identify, external feature, taste, smell etc. A/K:- Recognize need of conservation, Cultivation, Substitute used, awareness etc.				
<b>Total hours</b>			<b>92</b>	<b>52</b>
<b>Grand total of hours</b>			<b>144</b>	

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

Sl. No	Name of the Practical	Term (I/II/III)	Distribution of Hours
1	<i>bshad rgyud le'u nyi shu sman gyi nus pa bstan pa</i> བཤད་རྒྱུད་ལེུ་ལྷི་ཤུ་སྐུ་གྱི་ལུས་པ་བསྐྱུ་པ་ རྣམ་པ་བརྟན་པ།	1. Precious, stone and soil medicine རིན་ཆེན་སྐྱུ་ལྷི་ལྷེ་དང་། རྩོ་སྐྱུ་ལྷི་ལྷེ། ས་སྐྱུ་ལྷི་ལྷེ།	20
		2. Herbs and wood medicine སྐོ་སྐྱུ་ལྷི་ལྷེ་དང་། ཤིང་སྐྱུ་ལྷི་ལྷེ།	20
2	<i>sngon sman 'khrungs dpe bdud rtsi gser gyi snye ma</i> སྐོ་སྐྱུ་ལྷི་ལྷེ་དང་། ཤིང་སྐྱུ་ལྷི་ལྷེ།	III	86
<b>Total Hours</b>			<b>126</b>

**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	
5.	<i>sman rdzas-I</i> (Materia Medica Paper-I)	1	100	100	20	10 (Set-FC)*	20	50	250

**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
<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

### I PROFESSIONAL BSRMS EXAMINATIONS

< SRUG-MZ-I >

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. Theory and Practical Blue Print

### a- Distribution of theory Exam and Question paper-Blue print

Chapters	Sub-headings	Marks	Types of Questions		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
<i>bshad rgyud le'u nyi shu sman gyi nus pa bstan pa</i> བཤད་རྒྱུད་ལེ་འུ་ལྷི་ཤུ་སུ་གྱི་ལུ་པ་བཤན་པ་	1. Precious, stone & soil medicine (55 Nos.)	20	Yes (5 Nos.)	Yes (1 No.)	Yes (1 No.)
	2. Herbs and wood medicine (217 Nos.)	24	Yes (4 Nos.)	Yes (2 Nos.)	Yes (1 No.)
<i>sngon sman 'khrungs dpe bdud rtsi gser gyi snye ma</i> སྒོ་སྐོན་འཕྲུང་པ་དཔེ་བདུད་རྩི་གསེར་གྱི་སྡེ་མ་	3. Plants (478 Nos.)	34	Yes (9 Nos.)	Yes (3 Nos.)	Yes (1 No.)
	4. Tree (50 Nos.)	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
	5. Crops (45 Nos.)	5	X	Yes (1 No.)	X
<b>Total Marks</b>		<b>100</b>	<b>20</b>	<b>40</b>	<b>40</b>

### b. Distribution of Practical Exam - Blue Print

Sl. No	Practical name	Identification (1 Mark)	Taste (1 Mark)	Potency (1 Mark)	<i>mchog/dman</i> (superior/inferior) (1 Mark)	Total marks
1	Medicinal plants Identification སྒོ་སྐོན་རིས་འཛིན།	40	10	10	10	70
2	Identification Raw drugs ཁྲིམ་སྐོན་རིས་འཛིན།	20	X	X	10	30
<b>Total marks</b>		<b>60</b>	<b>10</b>	<b>10</b>	<b>20</b>	<b>100</b>

## G. Distribution of Practical Exam

S N	Heads	Marks
1.	Practical As per Table F b. Distribution of Practical Exam - Blue Print	100
2.	Viva	20
3.	Internal Assessment	20
4.	Electives (Set-FC)*	10
<b>Total</b>		<b>150</b>

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