

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

Subject/Course:

tha mal nad med

(Subject Code: SRUG-TN)

**Principles and Disciplines of Disease Prevention, Public health and
Sowa-Rigpa Yogic Science**

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



**BOARD OF UNANI, SIDHA 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: *tha mal nad med* (Principles and Disciplines of Disease Prevention, Public health and Sowa-Rigpa Yogic Science)

Subject code - SRUG-TN

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Preface

Explanatory Tantra comprises of seven chapters, which attempts to illustrate the comprehensive principles related to disease prevention and life prolonging aspects through diets style regimen and life style regimen. Sowa Rigpa medicine place great emphasis on maintaining healthy, balanced life through proper diet and proper life style.

Once the person intake improper diet, practice unwholesome lifestyle and faces unfavourable climate conditions, it become one of the root causes for all the disease and imbalance in bodies cosmo-physical elements. Therefore, the three chapters on behavioral regimen, three chapters on dietary regimen and one chapter on maintaining healthy life is addressed in Explanatory Tantra of rGyud bZhi(Four Tantra).

The first three chapters on behavioral regimen focuses on Routine, Seasonal and Incidental behaviors. Routine behaviors dealt with proper use of one's mind, speech and body at right place without any exertion. It also suggests to practice spiritual life based on Four Immeasurable Practices. Seasonal behavior dealt with the energy transformation that take places in one's body in respect to changes in two aspect of solar movements and four or six seasonal factors. Behavior adaptation is suggested to harmonize bodily constituents in accordance to environmental changes. Incidental behaviors dealt with thirteen behavior practices, which should be avoided by one's to live healthy life. Such practices are to avoid obstructing the impulses of hunger, thirst, vomiting, yawning, sneezing and sleep etc.

Other three chapters on dietary regimen focuses on Dietetics, Dietary Restriction and Optimum food intake plan. Dietetics place emphasis on characteristic and their medicinal value of food and beverages such as grains, meat, oils, vegetables, prepared food, raw food, water, alcohol and milk. It suggests one's to intake proper food and beverages by knowing their advantages and disadvantages. Dietary restriction emphasis to avoid mixing together of incompatible food and eating meals at irregular times. It also suggests one's to consume food and beverages according to their digestive heat and also by knowing one's predisposition any of three principal energies. Direction to approaches on discontinuing or introducing new food to their diet is also emphasized. Optimum intake food plan addresses the important of heaviness and lightness of food consumption according to one's physical strength and their digestive heat also. It also suggests to intake solid food and liquid food in according to four parts of stomach to avoid any illnesses.

Last chapter on maintaining healthy life emphasized on approaches to expand life expectancy through holistic ways of sowa –Rigpa Practices, which can foster longevity into our life. Such approaches suggest one's to avoid the four negative effects from season, sprit, diet and life style, to prolong their life span. Rejuvenations techniques is also suggested one's to maintain healthy life and to increase vitality.

Sowa-Rigpa yoga focuses on traditional yogic breathing and movement and emphasis on self healing. Simple Medicine Buddha meditation and elimination of obstacles practices from the Yuthog Nyinthig Tradition will be focused for practices.

The above subjects cover all the comprehensive principal of diseases prevention through dietary regimen, behavioral regimen, maintaining health and Sowa-Rigpa yoga. It also address all the approaches to maintain one's and public life healthy. All the above subjects give overall awareness to every individual to know about the foods and behavior according to their bodily nature so every single can live healthy and prolong life.

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Summary

TEACHING HOURS DISTRIBUTION

Papers	Lecture hours	Non-Lecture hours	Total hours
One	90	180	270
Practical	NA	X	X
Grand total			270

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 subjects		
	Subject Code	Subjects	Equivalent Terms
4	SRUG-TN	<i>tha mal nad med</i>	Principles and Disciplines of Disease Prevention, Public health and Sowa-Rigpa Yoga

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

Chapters (As per <i>rgyud bzhi</i> text)		Term (I/II/III)	Distribution of Hours
1.	Chapter 13 (Explanatory Tantra)	I	37
2.	Chapter 14 (Explanatory Tantra)	I	24
3.	Chapter 15 (Explanatory Tantra)	I	20
4.	Chapter 16 (Explanatory Tantra)	II	54
5.	Chapter 17 (Explanatory Tantra)	II	30
6.	Chapter 18 (Explanatory Tantra)	II	24
7.	Chapter 23 (Explanatory Tantra)	III	21
8.	Chapter 90 (Oral Instruction)	III	30
9. a	<i>gso rig blo sbyong</i> (Mindfulness meditation)	III	15
9. b	<i>gso rig dbugs sbyong</i> (Breathing exercise)	III	15
Total hours			270

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

Chapter/ Sub-headings	Lecture(L)/ Non-Lecture (NL)	Teaching - Learning Method (TL)	Distribution of Hours	
			LH	NLH
1. Chapter 13: Routine Behavioural Regimen ཉིན་རེ་བཞིན་རྒྱན་དུ་སྦྱོང་བ། K-Discuss on lifestyle regime, principal of ethics and spiritual practices A-Value of universal ethics			37	
a. Lifestyle behaviours for Prolonging life	L/NL	Lecture/ Demonstration (Lifestyle behaviour)/Role play	5	10
b. Universal Ethics/ Principles of Ethics	L/NL	Lecture/Group Discussion/ Role play	4	9
c. Spiritual Practice	L/NL	Lecture/ Edutainment(Vid eo)	3	6
2. Chapter 14: Seasonal Behavioural Regimen དུས་ཟུ་སྦྱོང་བ། K-Discuss on identification of six seasons, solstices movement and seasonal behaviour A-Value of seasonal behavioural			24	
a. Characteristic of six season	L	Lecture	3	X
b. Characteristic of two Solstices movement	L/NL	Lecture/Edutain- ment(Video)/ Chart making	2	8
c. Behavioural adaptation according to six seasons	L/NL	Lecture/Role play/Chart making	3	8
3. Chapter 15: Incidental Behavioural Regimen གནས་སྐབས་ཀྱི་སྦྱོང་ལམ། K-Discuss on 13 incidental behaviours, its adverse effects and treatments A-Recognize importance of incidental behaviour			20	
a. Adverse effect of supressing 13 incidental behaviours	L/NL	Lecture/ Edutainment (video)	5	13
b. Symptoms and treatment of disturbed incidental behaviours	L	Lecture	2	X
4. Chapter 16: Dietetics རྩིས་ཀྱི་རྒྱུ་ཤིས་པར་བྱ་བ། K-Describe classification of foods/drinks and their properties S-Identify varieties of foods and drinks			54	

A-Value of good food and their properties				
a. General and specific classification of food, their benefit and adverse effect	L/NL	Lecture/ Edutainment (Video)/ Workshop/ Pictorial representation/ Game Based Learning	11	22
b. General and specific classification of drinks, their benefits and adverse effect	L/NL	Lecture/ Edutainment/ Workshop/ Pictorial Representation/ Game Based Learning	7	14
5. Chapter 17: Dietary Restriction ཁ་བཟུང་བསྐྱུམས་པ། K-Discuss on types of poisoned and incompatible foods and drinks A-Value of dietary restriction			30	
a. Dietary restriction of poisoned foods and drinks	L/NL	Lecture/Inquiry Based Learning	4	8
b. Dietary restriction of incompatible foods and drinks	L/NL	Lecture/Inquiry Based Learning	6	12
6. Chapter 18: Dietary Prevention and Limitation ཁ་བཟུང་གླུང་བ་དང་བཟུང་ཚེད་རྟོག་པར་བཟུང་བ། K-Describe the amounts of foods and drinks intake according to its quality and quantity S-Practice moderate intake of food and drink to avoid indigestion A-Recognize importance of dietary prevention and Limitation			24	
a. Limitation of food and drink intake	L/NL	Lecture/ Role play/Awareness Programme	5	10
b. Restoration of digestive heat	L/NL	Lecture/Role Play/Awareness Programme	3	6
7. Chapter 23: Maintaining Health Through Rejuvenation མི་ན་བར་གནས་པར་བྱ་བ། K-Discuss factors involves in rejuvenation process to maintain healthy long life and duration for rejuvenation procedure S-Follow preliminary and actual procedure to promote longevity			21	

A-Value of maintaining health through rejuvenation				
a. Maintaining health and prolonging life through avoiding and understanding the causes of disease	L/NL	Lecture/Group Discussion	4	8
b. Prolonging life span by considering four factors of rejuvenation	L/NL	Lecture/Edutainment(video)	4	8
8. Chapter 90: Geriatric Health ཀླུ་པ་གསོ་བ་བརྒྱུད་ལེན། K-Discuss the factor recommended for geriatric rejuvenation, procedure, benefit S-Prepare supplement herbs for geriatric consumption -Prepare and application of herbal oil for geriatric rejuvenation A-Recognize importance of supplement herbs and herbal oils in geriatric health			30	
a. Factors recommended for geriatric rejuvenation and benefits	L/NL	Lecture/Demonstration	4	8
b. Procedure for geriatric rejuvenation	L/NL	Lecture/Team Based Learning	6	12
9. Sowa-Rigpa Yogic Science གསོ་རིག་ལྷོ་རྒྱུང་དང་དབྱུགས་རྒྱུང་། K-Discuss mindfulness and breathing exercises S-Show techniques of mindfulness meditation and breathing exercises A-Value of Sowa-Rigpa yoga and its benefits			30	
a. Mindfulness meditation	L/NL	Lecture/Meditation	5	10
b. Breathing exercise/Yoga	L/NL	Lecture/Demonstration	5	10
Total hours			90	180
Grand totals of hours			270	

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	
4.	<i>tha mal nad med</i> (Principles and Disciplines of Disease Prevention,	1	100	-	30	-	20	50	150

	Public health and Sowa-Rigpa yoga)								
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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	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-TN >

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 “Yes”-can be asked “No”- should not be asked		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
1.	Chapter 13 (Explanatory Tantra)	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
2.	Chapter 14 (Explanatory Tantra)	7	Yes (2 Nos.)	Yes (1 No.)	No
3.	Chapter 15 (Explanatory Tantra)	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
4.	Chapter 16 (Explanatory Tantra)	7	Yes (2 Nos.)	Yes (1 No.)	No
5.	Chapter 17 (Explanatory Tantra)	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
6.	Chapter 18 (Explanatory Tantra)	7	Yes (2 Nos.)	Yes (1 No.)	No
7.	Chapter 23 (Explanatory Tantra)	17	Yes (2 Nos.)	Yes (1 No.)	Yes (1 No.)
8.	Chapter 90 (Oral Instruction)	7	Yes (2 Nos.)	Yes (1 No.)	No
9.	a. <i>gso rig blo sbyong</i> (Mindfulness meditation)	2	Yes (2 Nos.)	No	No
	b. <i>gso rig dbugs sbyong</i> (Breathing exercise)	2	Yes (2 Nos.)	No	No
Total marks		100	20	40	40

G. Distribution of Practical Exam

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

5. REFERENCES:

1. *rgyud bzhi*, Author: *gyu thog yon tan mgon po*, Published by: Men-Tsee-Khang, 2006 (Original composed year 8th century)
2. *drang srong zhal lung*, Author: *khro ru tshe rnam*, Published by: Men-Tsee-Khang, 2001
3. *bai sngon*, Author: *sde srid sangs rgyas rgya mtsho*, Published by: Men-Tsee-Khang, 2000
4. *dus rabs nyer gcig gi 'grel ba* (Vol. 5), Author: *pe kho*, Published by: *mi rigs dpe skrun khang*, 2010
5. *zas spyod bsten tsul 'chad pa*, Author: *sum pa ye shes dpal 'byor* (*gso rig kun tus*), Published by: *mi rigs dpe skrun khang*, 2011
6. *zas skom bsten tshul nad med nad can gnyis la rim par bkod pa*, Author: *gtsang sman ye shes bzang po* (*gso rig kun tus*), Published by: *mi rigs dpe skrun khang*, 2011
7. *dus su spyod pa'i spyod lam*, Author: *gtsang sman ye shes bzang po* (*gso rig kun tus*), Published by: *mi rigs dpe skrun khang*, 2011
8. *btung ba chu'I bzang ngan dbye ba*, Author: *gtsang sman ye shes bzang po* (*gso rig kun tus*), Published by: *mi rigs dpe skrun khang*, 2011