

- Concise Medical Physiology - Chaudhari, Sujit K.
- Principals of Anatomy & Physiology - Tortora & Grabowski
- Textbook of Medical Physiology- Indu Khurana

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## **1.4 RACHNA SHARIR (ANATOMY)**

**Theory- Two Papers-200 Marks-(100 marks each)  
Teaching Hours-180 hours**

**PAPER-I**

**100 marks**

**PART-A**

**50 marks**

### **1. Shariopkramaniya Shaarira**

Sharira and shaarira vyakhya (definitions of sharira and shaarira), shadangatvam (six regions of the body), anga pratyanga vibhaga (sub divisions). Mrita sharir samshodhan. Shaarira shastra vibhaga, shaarira gyan prayojana . Constitution of purusha according to dhatubheda, panchabhautikatvam, trigunatmakatvam, tridoshamayatvam, karma purusha, and doshadhatumala-mulakatvam.

### **2. Paribhasha Shaarira**

Kurcha, kandara, jala, asthisanghat, seemanta, seevani, rajju, snayu and lasika.

### **3. Garbha Shaarira**

Garbha definitions, explanation of shukra, artava, garbhadhana. Role of tridosha and panchmahabhuta in the fetal development. Beeja, beejabhaga and beejabhagavayava, linga vinischaya, masanumasika garbha vridhi-krama, garbhottpadakbhava, garbhavridhdikara bhava, garbha poshana, apara nirmana , nabhinadi nirmana. Aanga pratyanga utpatti.

### **4. Pramana Shaarira:** Anguli pramana.

### **5. Asthi Shaarira**

Asthi vyakhya, number, types, asthi swaroopa, vasa, meda and majja.

### **6. Sandhi Shaarira**

Sandhi vyakhya, numbers, types of asthi sandhi.

### **7. Sira, Dhamani, Srotas Shaarira**

- a) Definition, types and number of sira and dhamani.
- b) Description of Hridaya.
- c) Sroto shaarira: Definition, types of srotas and srotomula.

### **8. Peshi Shaarira**

- a) Peshi vyakhya, structure, types, number and importance.
- b) Description of Peshi.

### **9. Koshta Evam Ashaya Shaarira**

- a) Definition of koshta and number of koshtanga.
- b) Types and description of ashaya.

### **10. Kalaa Shaarira**

Kalaa: definition and types.

### **11. Uttamangiya Shaarira**

Shatchakra, ida, pingala and sushumna nadi - brief description.

### **12. Marma Shaarira**

Marma: definition, number, location, classification, clinical importance with viddha lakshana. Explanation of trimarmas. Detail description of marmas.

### **13. Indriya Shaarira**

Definition of indriya, indriya artha and indriya adhistan, their number and importance. Description of gyanendria, karmendriya and ubhayendriya (manas).

## **PART-B**

**50 marks**

**1.** Definition and branches of anatomy. Preservation methods of the cadaver.

### **2. Anatomical Terminologies**

Anatomical position, Planes, and explanation of anatomical terms related to skin, fasciae, bones, joints and their movements, muscles, ligaments, tendons, blood vessels, nerves,.

### **3. Embryology**

Definitions and branches of embryology. Embryo and fetus. Sperm and ovum, fertilization. Cleavage. Germ layers formation and their derivatives. Laws of heredity, Sex determination and differentiation, Month-wise development of embryo. Foetal circulation, placenta formation, Umbilical cord formation.

### **4. Osteology**

Bone: Definition, ossification, structure and types. Description of bones with clinical anatomy.

### **5. Arthrology**

Joints: Definition, structure types and movements. Description of joints of extremities, vertebral joints and temporomandibular joint with their clinical anatomy.

### **6. Cardiovascular system**

- a. Definition, types and structure of arteries and veins.
- b. Description of heart and blood vessels with their course and branches.
- c. Pericardium with applied aspect.

### **7. Lymphatic system**

Definition, types and structure of lymph vessels, lymph glands with their clinical aspect.

### **8. Myology**

- a) Structure and types of muscles.
- b) Description of muscles; their origin, insertion, actions, nerve supply and clinical anatomy.

## **Paper II**

**100 marks**

### **Part A**

**50 marks**

### **1. Respiratory System**

- a. Bronchial tree and lungs with their clinical aspects.
- b. Respiratory tract: nasal cavity, pharynx, larynx, trachea, bronchial tree.
- c. Pleura with its clinical aspects.
- d. Diaphragm.

## 2. Digestive system

- a. Organs of digestive tract (alimentary tract) with their clinical aspects.
- b. Digestive glands: liver, spleen and pancreas.
- c. Description of peritoneum with its clinical aspects.

## 3. Urinary System

Urinary tract: kidney, ureter, urinary bladder and urethra with their clinical aspects.

## 4. Reproductive system

- a. Male Reproductive system: reproductive organs, tract and glands (prostate and seminal vesicles) with their clinical aspects.
- b. Female reproductive system: reproductive organs, tract and glands with their clinical aspects.

## 5. Endocrinology

Definition, classification & description of endocrine glands (pituitary, thyroid, parathyroid, thymus and suprarenal glands) with clinical aspects.

## PART B

**50 marks**

### 6. Nervous System

Nervous system: definition, classification and its importance. Description of brain and spinal cord.

Description of peripheral nervous system: cranial and spinal nerves, nerve plexuses, and autonomic nervous system, formation and circulation of cerebrospinal fluid and blood supply of brain and spinal cord.

### 7. Sensory organs

Description of structures of eye, ear, nose, tongue and skin with their clinical aspects.

### 8. Surface and radiological anatomy

- a. Study of radio-imaging of limbs, abdomen, pelvis and vertebral column with its clinical application.
- b. Surface anatomy of thoracic and abdominal viscera.

## PRACTICAL

**100 marks**

**Teaching hours: 180**

### Content of practical

1. Practical study of bones
2. Practical study of organs
3. Practical study of surface and radiological anatomy.
4. Shava vichhedana – detailed dissection of the whole body.
5. Practical study of location of marma
6. Demonstration of histology slides (10 slides)

### Distribution of marks

1. Spotting - 20 marks
2. Dissected organs and histology slides - 20 Marks

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|-------------------------------------|----------|
| 3. Bones, joints, marma -           | 20 Marks |
| 4. Surface & radiological anatomy - | 10 Marks |
| 5. Practical records -              | 10 Marks |
| 6. Viva-Voce -                      | 20 Marks |

**Total 100 Marks**

**Reference Books :-**

<b>S. No.</b>	<b>Name of Book</b>	<b>Author</b>
1.	Brihat Shariram Vaidyaratna-	P.S. Varrier
2.	Abhinava Shariram-	Acharya Damodar Sharma Gaur
3.	Manava Sharir (Revised Edition)-	Prof. Dinkar Govind Thatte
4.	Manava Bhruna Vigyana -	Prof. Dinkar Govind Thatte
5.	Manava Anga Rekhankan Vikrian -	Prof. Dinkar Govind Thatte
6.	Sharir Rachana Vigyan (English)-	Vaidya P.G. Athawale
7.	Manual of Practical Anatomy Cunnigham	Practical Manual Vol-1, Vol-2, Vol-3
8.	Clinical Anatomy in Ayurveda -	Prof. D.G. Thatte & Prof. Suresh Chandra
9.	Sharir Rachna Vigyan (English)-	Prof. D.G. Thatte
10.	Ayurvedic Human Anatomy -	Prof. Dr. Giridhar M. Kanthi
11.	Regional Anatomy -	B. D. Chaurasia
12.	Rachana Sharir Vigyana -	Dr. Mahendra Sing
13.	relevant chapters of Brihtrayee and Laghuthrayee	
14.	Gray's Anatomy	
15.	Text Book of Human Anatomy-	Inderbir Singh
16.	Clinical Anatomy-	Richard S Snell
17.	Fundamentals of Human Anatomoy-	Dr. Chakraborty
18.	Human Osteology -	Poddar

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