

CENTRAL COUNCIL OF INDIAN MEDICINE NEW DELHI

Syllabus for Siddha Maruthuva Arignar (BSMS) Course Final Professional BSMS

SUBJECT: MARUTHUVAM (MEDICINE)

Study of following disease with clinical demonstration, their various names, Definition, causes, premonitory signs, signs & symptoms, description about the humoural disorders, pulse reading, complications, Associated disease, fatal signs, Line of treatment, prognosis, specific or special medicines, regimen and diet. Necessary modern scientific correlations shall also be incorporated as and when required.

1. Kural kammal (Hoarseness of voice) (2 hours)
2. Mookkadaippu (Sinusitis and Nasal block) (2 hours)
3. Irumal noi (Cough) (2 hours)
4. Eraippu noi (Bronchial asthma) (2 hours)
5. Elaippu noi (Tuberculosis) (2 hours)
6. Kuruthiazhal noi (Bleeding disorders and abnormalities of blood pressure) (2 hours)
7. Thamaraga noi (pertaining with heart diseases) (3 hours)
8. Veluppu noi (Anaemia) (2 hours)
9. Oodhal noi (Dropsy) (2 hours)
10. Ulaimanthai (Acute / chronic enteritis) (2 hours)
11. Suvayinmai (Disorder of tastes) (2 hours)
12. Seriyamai (Indigestion) (2 hours)
13. Neervetkai (Polydipsia) (2 hours)
14. Vikkal (Hiccup) (2 hours)
15. Vanthi (Vomitting) (2 hours)
16. Mantham (Dyspepsia) (2 hours)
17. Gunmam (Pain abdomen) (3 hours)
18. Manneeral noi (Diseases of spleen) (2 hours)
19. Kalleeral noi (Diseases of liver) (2 hours)
20. Manjal noi (Jaundice) (2 hours)
21. Peruvayiru (Abdominal distension) (4 hours)
22. Kudalpidippu (Abdominal colic) (2 hours)

23. Perunkalichal noi (Diarrhoea) (2 hours)
 24. Ninakalichal noi (Amoebic dysentery) (2 hours)
 25. Kaduppu kalichal noi (Bacillary dysentery) (2 hours)
 26. Oozhi noi (Cholera) (2 hours)
 27. Soolai (Pricking pain of varied aetiology) (5hours)

28. Siruneer noikal

28 (I) Neerinai arukkal noikal (Conditions of reduced urinary output)

- a) Kalladaippu noi (Renal calculi) (3 hours)
 b) Neeradaippu noi (Retension of urine) * (3hours)
 c) Neerkattu (Anuria) (3 hours)
 d) Sottu neer (Incontinence of urine) (3 hours)
 e) Neersurukku (Oliguria) (3 hours)
 f) Vellai noi (Urethritis/ inflammation of the uro-genital organs) (3 hours)

28 (II) Neerinai perukkal noikal (Conditions of increased urinary output)

- a) Athimoothiram (Polyuria) (4 hours)
 b) Neerizhivu (Diabetes mellitus) (3 hours)
 c) Thelineer (Diabetes insipidus) (2 hours)
 d) Venneer (Spermatorrhoea) (2 hours)
29. Keel vayu (Arthritis) (4 hours)
 30. Suram – 64 (Fever – 64 types) (7 hours)
 31. Mukkutra noi (Delirium) (3 hours)
 32. Ammai noi (Viral infections) (3 hours)
 33. Vatha noi (Rheumatic diseases and other neurological disorders) & Pakkavatham (Hemiplegia) (8 hours)
 34. Pitha noi (Pitha diseases) * नई दिल्ली * (5 hours)
 35. Iya noi (Kapha diseases) (5 hours)
 36. Endocrine (diseases) NEW DELHI (8 hours)
- (i) Hyper pituterism
 (ii) Hypo pituitarism
 (iii) Hyper thyroidism
 (iv) Hypo thyroidism
 (v) Cushing's syndrome
 (vi) Adrenal insufficiency
 (vii) Hyper parathyroidism

(viii) Hypo parathyroidism

37. Infectious diseases (5 hours)

38. Sexually transmitted diseases

38.1 Korrukku noi (Syphilis) – 38.2 Mega vettai noi – (Gonorrhoea) (5 hours)

39. Ema kurai noi/ Theivu noi – HIV & AIDS (5 hours)

40. Life style disorders (7 hours)

PRACTICALS: (200 hours)

1. Practical training in the general examination and systemic examination.
2. Maintaining clinical records
3. Envagai thervu
4. Nadi parisothanai
5. Application of Neerkuri and Neikuri
6. Application of Manikkadai nool
7. Application of Clinical investigations and interpretations
8. Practical training in common medical emergencies
9. Practical application of puramaruthuvam in medical cases

REFERENCE BOOKS:

1. Siddha Maruthuvam, Kuppusamy Muthaliar (1st Edn. 1954), Tamilnadu Siddha medical council, Chennai, 2nd Edn. 1987.
2. Yugi vaidhya chintamani, Yugimamunivar, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn. 1998
3. Jeeva raktchamirtham, Subramaniya Pandithar, The Arrow Press, Madras, 2nd Edn., 1928
4. Siddha Maruthuvaanga Surukkam, C. S. Uthamarayan, H.P.I.M., Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai,
5. Noikalukku Siddha parikaram Part I & II, Shanmugavelu, Indian medicine and homeopathy department, Chennai – 106, (1st Edn. 1972, Reprint: 2012)
6. Davidson's principle and practice of medicine, 2014, 22nd Edn., Churchill Livingstone, Elsevier, ISBN NO.- 9780702050473
7. Hutchison's Clinical Methods, Saunders Ltd. ISBN: 978-0-7020-4091-7.
8. Practical Medicine, PJ Mehta, The National Book Depot, 20th Edn., 2013, ISBN : 9788190704618

CENTRAL COUNCIL OF INDIAN MEDICINE NEW DELHI

Syllabus for Siddha Maruthuva Arignar (BSMS) Course Final Professional BSMS

SUBJECT: VARMAM, PURAMARUTHUVAM AND SIRAPPUMARUTHUVAM (Varmam Therapy, External Therapy and Special Medicine)

I KAYAKALPAM (Juvenilization Therapy) (15 hours)

Definition – Description – Regimen – uses & etc.

- 1) Kalpa medicines (**Rejuvenation Therapy**) - Classification – General & special karpam.
 - Mooligai karpam – (Herbal origin)
 - Thathu Karpam (minerals origin)
 - Jeeva Karpam – (Animal origin)
- 2) Attanga yogam - Iyamam- Niyamam- Asanam- Pranayamam- Prathiyakaram- Thaarana-
Thiyanam-Samadhi
- 3) Pranayamam – Definition – Philosophy – method – Regimen – Uses
- 4) Yoga –Definition – Principles of yoga practice- yoga postures – types – explanation–
philosophy – uses.
- 5) Muppu - Definition – philosophies – classification – description – uses.

II. VARMAM: (10 hours)

1. Definition – Description about the importance of Varmam – why it is called as Unique
feature of Siddha system : - Basic Philosophies related to the formation of Varma points –
classification based on three humours – based on anatomical locations – based on signs &
symptoms – special & particular physical manipulation techniques & massage pertaining to
Varma therapy – pulse diagnosis of varma patients – Important medicines used in varma
therapy – Specific food items prescribed for the patients.
2. Detailed study about the following Varma points:- (it includes location – signs & symptoms –
necessary manipulation techniques – medicines)

Paduvarmam (12) (6 hours)

- | | |
|----------------------|-------------------------------|
| 1) Uchi varmam | 7) Urakka kaalam |
| 2) Pidari kaalam | 8) Thummi kaalam |
| 3) Chevikuthikaalam | 9) Ner Varmam |
| 4) Natchathirakaalam | 10) Adappa kaalam |
| 5) Thilartha kaalam | 11) Periya athisurikki kaalam |
| 6) Kannaadikaalam | 12) Kallidai kaalam |

Thodu varmam (96) (34 hours)

I. Varma points located in Head & Neck :(22)

- | | |
|-----------------------|--------------------------------|
| 1) Pootellu Varmam | 12) Aayama kaalam |
| 2) Mun chuvadi varmam | 13) Nadi kaalam |
| 3) Nettri kaalam | 14) Chennai Varmam |
| 4) Pin chuvadi varmam | 15) Poigai kaalam |
| 5) Porichal varmam | 16) Kurunthukuthi kaalam |
| 6) Puruva kaalam | 17) Alavattukona chenni Varmam |

- 7) kannakaalam
8) Kumbidum kaalam
9) Bala varmam
10) Chuliyadi Varmam
11) Moorthi kaalam
II Varma Points located in Trunk : (37)
23) Malar varmam
25) Kulir varmam
27) Maattraan kaalam
29) Kaareeral varmam
31) Koombu varmam
33) Villu varmam
35) Urumi varmam
37) Kakotta kaalam
39) Changu thirikaalam
41) Manthira kaalam
43) Iruppu varmam
45) Andakkaalam
47) Thandu varmam
49) Pandri varmam
51) Mothira kaalam
53) Valamburi kaalam
55) Naabi varmam
57) Pushti kaalam
59) Kurunthukuthi kaalam.
III The Varma points located in the Extremities: (37)
60) Thuthikai varmam
62) Kavali varmam
64) Manikattu varmam
66) Muzhankai varmam
68) Kocchu varmam
70) Puja varmam
72) Aani varmam
74) Chulukku varmam
76) Aaama kaalam
78) Chirattai varmam
80) Channi varmam
82) Visha varmam
84) Kaal kannu varmam
86) Nadai varmam
88) Mudichu Varmam
90) Naduviral chulukku varmam
92) Peruviral mayya varmam
94) Konachanni
96) Paathachakkaram.
- 18) Vettu Varmam
19) Kokki kaalam.
20) Manthira kaalam
21) Kannu varmam
22) Arukukaalam.
24) Vilangu varmam
26) Arangu varmam
28) Thivalai varmam
30) Velleeral varmam
32) Nenchadaippan varmam
34) Mundellu varmam
36) Kuttri varmam
38) Chippi varmam
40) Vaayu kaalam
42) Chiriya Athichuriki
44) Villu varmam
46) Kaccha varmam
48) Thandinadi varmam
50) Ada varmam
52) Vaanthi kaalam
54) Chorutheenda kaalam
56) Hanuman varmam
58) Chuli varmam
61) Dhakshana kaalam
63) Peruviral mayya varmam
65) Kannu varmam
67) Muttu varmam
69) Chulukku varmam
71) Mozhi varmam
73) Pathakkala varmam
75) Kochu varmam
77) Thundu varmam
79) Muttu varmam
81) Naai thalai varmam
83) Uppu Kuttri varmam
85) Kuthikaal varmam
87) Kulachu varmam
89) Boomi kaalam
91) Kaal kavali
93) Adakka varmam
95) Komberi kaalam

III. GERIATRICS

(5 hours)

Definition – Description – Care and management physical & mental disorder – Care – External changes.

IV. PSYCHIATRY:

(25 hours)

1) Classification of psychiatric disorders – Aetiological factors – Examination of mental state – Manifestations of psychiatric illness – Delusions and hallucinations – symptoms of depression – Anxiety symptoms – Deliberate self harm and Suicidal ideation – Schizophrenia & Delusional disorders – Mood disorders – Neurotic, stress related and Somatoform disorders – Disorders of Adult personality and behaviour.

Introduction – Definition – Types – Treatment of the following diseases.

2) Paithiyam noi - 18 types

- | | | |
|------------------------|---------------------------|------------------------|
| 1. Avesa Paithiyam | 2. Abikasa Paithiyam | 3. Mavuna Paithiyam |
| 4. Suronitha Paithiyam | 5. Vihaara Paithiyam | 6. Thaaga Paithiyam |
| 7. Azhal Paithiyam | 8. Murka Paithiyam | 9. Naduku Paithiyam |
| 10. Visha Paithiyam | 11. Pralaaba Paithiyam | 12. Pitha Paithiyam |
| 13. Aankaara Paithiyam | 14. Gnana Paithiyam | 15. Kaivisha Paithiyam |
| 16. Kama Paithiyam | 17. Visha Thaga Paithiyam | 18. Siddha Paithiyam |

3)a) Kirigai noi

b) Unmatham noi

c) Brammai noi

d) Matha noi

e) Mathathiyam noi

f) Soothika vatham

g) Moorchai – Apasmaram – mayakkam.

4) Seizure disorders

a) Valippu noi

b) Kakai Valippu noi

V. PURA MARUTHUVAM (External Therapy) 32 types

(15 hours)

Definition – Types – THOKKANAM – (Physical manipulation) Descriptions according to Therantharu – practical training – Steam therapy - Fume therapy- Bandages- Patru (Plaster) – Ottradam (Fomentation) – Poochu (paste) – Podi thimirdhal (powder massage)- Kalikkam- Anjanam (eye applications) – Nasika paranam (Medicated snuff) - Nasiyam (Nasal drops) – Murichal (Surgical correction of malunited fracture) – kombu kattal (splinting) – peeche (enema/douche) Oothal (blowing), Podi thimirthal-(Massage with herbal grains or paste)

VI. BONE AND JOINT DISEASES:

(25 hours)

Injuries to bones : Fracture – varieties – X-ray findings – complications – indications for surgical treatment – fracture of childhood – reduction procedures with splints – POP and modern techniques – practical training.

Diseases of bones: -Osteomyelitis – Tuberculosis – Rickets – Scurvy – Paget's disease – Osterochondritis –Acromegaly–Tumours of bones–(Benign and malignant)–Secondary tumours.

Injury to Joints: Dislocation of shoulder joint, Jaw etc.

Diseases of Joints: Acute suppurative, Gonococcal, syphilitic arthritis, chronic arthritis - T B gummatous, Rheumatoid and osteo arthritis – X-ray findings.

Injuries to muscles and tendons

Deformities -Scoliosis, kyphosis, cubitus valgus, Dupuytren's contracture, Coxa vara, Genu valgum, flat foot.

Injury to vertebrae – complications

Skull fracture

VII. Diseases of Central Nervous System :

(15 hours)

1. Hemiplegia
2. Parkinsonism
3. Poliomyelitis
4. Cranial nerve disorders
5. Paraplegia
6. Quadriplegia
7. Cerebellar ataxia
8. Myopathy
9. Motor neuron disease

PRACTICAL TRAINING IN THE ATTACHED HOSPITAL ON THE FOLLOWING

(200 hours)

- 1) Clinical examination of Neurological, Psychiatry and Orthopedics cases.
- 2) Practical training on Varma Therapy.
- 3) Practical training on Puramaruthuvam – (External therapy) Steam therapy - Fume therapy- Bandages- Patru (Plaster) – Ottradam (Fomentation) – Poochu (paste) – Podi thimirdhal (Massage with herbal grains or paste) - Kalikkam- Anjanam (eye applications) – Nasika paranam- Nasiyam (Nasal applications) – Murichal (Surgical correction of malunited fracture) – kombu kattal (splinting) – peechu (enema/douche)
- 4) Practical training on Therapeutic applications of Yoga.
- 5) Writing case records.

Text Book:

1. Siddha Maruthuvam Sirappu, Dr.R.Thiagarajan, Directorate of Indian Medicine & Homeopathy, Chennai, 1995.
2. Varma Soothiram (A Tamil text on martial arts), Institute of Asian Studies, Chennai, 2007
3. Light on Yoga, Shri BKS Iyengar, HarperCollins Publishers, 2001, ISBN: 9780007107001
4. Siddhar Kaya Karpam – Central Council for Research in Ayurveda & Siddha, New Delhi, 1985
5. External Therapies of Siddha Medicine, Dr.Thirunarayanan, Centre for Traditional Medicine and Research, Chennai, 2010
6. Sanni, Vaisoori, Paithiyam & Oozhinoi Thoguthi (Paithya Roga Nidaanam), T.Mohana Raj, ATSVS Siddha Medical College and Hospital, Kanniyakumari, ISBN :9789380288079

Reference Book

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2. Varmam marthuvam – Dr. Kannan Rajaram, ATSVS Siddha Medical College and Hospital, Kanniyakumari, ISBN: 9788190868433
3. Yugi vaidhya chintamani, Yugimamunivar, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn. 1998

4. Vatha Noi Thoguthi, T.Mohana Raj, ATSVS Siddha Medical College and Hospital, Kanniyakumari, ISBN :9789380288079
5. Varma Odivu Murivu Saari suthiram 1500, T.Mohana Raj, ATSVS Siddha Medical College and Hospital, Kanniyakumari, ISBN -9789380288062
6. Asana Paranayama Muthira Bantha, Swami Sathyanananda Saraswathi, Yoga Publications Trust, Bihar, 2008, ISBN: 9788186336144
7. A Short Text Book of psychiatry, M S Bhatia, CBS publishers and distributers Pvt. Ltd., New Delhi 2011. ISBN 9788123920450
8. Text Book of Neurology, Navneet Kumar, PHI learning Pvt. Ltd., New Delhi, 2011, ISBN: 9788120342439
9. Davidson's principle and practice of medicine, 2014, 22nd Edn., Churchill Livingstone, Elsevier, ISBN NO: 9780702050473
10. Text book of orthopaedics and traumatology, Mayilvahanan Natarajan, Wolter Kluwer India | Lippincott William, 2011, ISBN:9788184734430



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Final Professional BSMS**

SUBJECT: ARUVAI, THOL MARUTHUVAM

(SURGERY INCLUDING DENTISTRY AND DERMATOLOGY)

ARUVAI MARUTHUVAM (GENERAL SURGERY)

(60 hours)

1. Literary evidences for the antiquity of surgical practice in Siddha medicine (1 hour)
2. Classification on the practice of treatment. Divine method (Vinnavarurai) – Rational method (Manidarurai) – Surgical method (Asurarurai) – (Aruvai, Agni, Karam and 25 sub divisions). (1 hour)
3. Study on Aruvai (Surgical excision)- Keeral (Incision)- Kuruthi vungal (Blood letting)- Attai vidal(Leech therapy)- Salagai(Probing)- Varthi (Medicated wick)- Oodhal (Blowing)- Peechu - (enema/ douch) -Urinchal(Sucking)--Kattudhal(bandaging)- Chuttigai(cauterization)-Vedhu (Steam therapy)- Pugai (Fumigation)- Karam (caustic applications)(2hours)
4. General principles of surgery – Pre and post operative care – its management. (1 hour)
5. Study of causes, clinical features, classification, diagnosis, treatment (medical & surgical) with scientific correlations – clinical examination and investigations for the following diseases.
 - a. Veekam – (Inflammation) (2 hours)
 - b. Punkal – (Ulcers) (2 hours)
 - c. Kattigal- (Tumours) (2 hours)
 - d. Silaippan- (Sinus ulcers & its treatment with karanool) (2 hours)
 - e. Moolanoikal- (Ano-rectal diseases) (2 hours)
 - f. Arpaviranam –(koppulam – mugapparau – Thavalaichori – Akkul koppulam Akkul katti – Akkul nilapoosani katti – Akkul erichal katti – Putru vanmegam Aani – Naga chutru – Setrupun – Maru – Attathar kopulam – Varagu koppulam) (5 hours)
 - g. Pavuthiram – Fistula-in-ano (2 hours)
 - h. Mega kattikal – Diabetic skin lesions, STD (1 hour)
 - i. Yanaikkal – Filariasis (1hour)
 - j. Kandamalai – Cervical adenitis (1 hour)
 - k. Nagil katti – Benign & malignant tumours of the breast (1 hour)
 - l. Vithai noi – Diseases of scrotum (1 hour)
 - m. Kiranthi noi – Chronic ulcers (1 hour)
 - n. Kalladaippu - Renal calculi (1 Hour)
 - o. Aankuri noigal – Diseases of the male genitalia. (1 hour)
6. Naakku noigal (Diseases of the tongue) – Ulnakku noigal (Diseases of the uvula). (2 hours)
7. Acute specific infections – Tetanus, Gas gangrene, Cellulitis, Septicaemia, Bactremia, Pyemia, Wounds. (2 hours)
8. Non- specific infectious diseases: Cellulitis, Carbuncle, Ulceration and gangrene. (2 hours)
9. Tumours and cysts – Benign and malignant tumours. (2 hours)
10. Fluid electrolyte and acid base balance – Parenteral fluid therapy – contra indications to I.V therapy – clinical guide to fluid requirement – Alternative route for parenteral fluid therapy – Proctolysis, Transnasal intragastric tube – Acidosis & Alkalosis. (5 hours)
11. Burns and Scalds – Haemorrhage – Types of Shock (2 hours)

12. a) Diseases of arteries – Aneurysm, Embolism, Thrombosis (5 hours)
- b) Diseases of veins – Thrombosis of vein, Varicose vein, Venous ulcer, Thrombophlebitis
- c) Diseases of lymphatic vessels and lymph nodes – Lymphoedema, lymphadenitis, lymphadenoma (Hodgekin's disease)
13. Infections of Hand & Foot (1 hour)
14. Diseases of breast – Breast abscess, Fibroadenoma, ANDI, Carcinoma breast. (2 hours)
15. 1) Diseases of Rectum, Anus, Fissure in ano etc. (2 hours)
- 2) Diseases of urinary bladder, Prostatic gland, retention of urine. (2 hours)
16. Diseases of urethra, Phymosis, Paraphymosis. (1 hour)
17. Diseases of testis & scrotum – Orchitis, Hydrocele, Haematocele, Varicocele, Herniae (2 hours)

KAN, KATHU, MOOKKU, THONDAI MARUTHUVAM

KAN MARUTHUVAM (Eye diseases & Management) (20 hours)

1. Definition of normal healthy eye
2. Names of 96 eye diseases according to "Agasthiyar nayana vithi"
3. Prophylactic measures for healthy vision
4. Causes of eye diseases
5. Classification of eye diseases according to Agasthiyar and Nagamuni nayana vithi – Including their names, signs & symptoms, surgical treatment techniques and medicines
6. Surgical treatment for Pitha kasam
7. Suttigai or Ratchai treatment for Padalam
8. Surgical treatment for Karunagappadalam
9. Ratchai treatment for Ezhuchinoi
10. Surgical treatment for Mudamayir
11. Medicines commonly used for Eye diseases:
 - a) Padalathi mathirai
 - b) Kankasa mathirai
 - c) Matcha Rethinadhi mathirai
 - d) Ilaneer kuzhambu
 - e) Chandrodhaya mathirai
 - f) Narikelanjanam
 - g) Pazha kirambu pakuva vennai
 - h) Kandu Parpam
 - i) Anda neer
 - j) Kan thailam
12. Comparison with modern diagnosis:
 - a) Suzhal vanderithal - Vitreous opacities
 - b) Naga padalam - Pterygium
 - c) Mayir puzhuvettu - Ulcerative blepharitis
 - d) Amaram - Ophthalmia neonatorum
 - e) Kuvalai vippuruthi - Dacryocystitis
 - f) Vellezhuthu - Presbyopia
 - g) Thurmamisa valarchi – Episcleritis
 - h) Mudamayir - Trichiasis
13. Cataract and its surgical treatment.
14. Conjunctivitis and its treatment.
15. Glaucoma and its treatment.
16. Presbyopia, Myopia, Astigmatism, Nystagmus.
17. The causes and prevention of blindness.

18. Hygiene of Eye.
19. Viral infections of Eye

KATHU MARUTHUVAM (Ear diseases & Management) (10 hours)

Study of the following ear diseases with internal and external medicines: Sevi vatha noi – sevi soolai noi – sevi sanni noi –sevi vippuruthi noi – Sevi yezhuchi, Sevi Karappan - sevikkuttam – seviparu – sevipilavai

1. Diseases of the external ear.
2. Diseases of Middle Ear
3. Tinnitus
4. Deafness

MOOKKU MARUTHUVAM (Nasal diseases& Management) (5 hours)

1. Peenisam - Nasal and paranasal sinus diseases.
2. Epistaxis
3. Rhinitis, nasal polyp.
4. Head ache

THONDAI MARUTHUVAM (THROAT DISEASES& Management) (5 hours)

1. Infections of nasopharynx, Tonsils, Adenoids, Esophagus.
2. Acute and chronic laryngitis
3. Disorders of voice.

PAL MARUTHUVAM (DENTISTRY) (15 hours)

1. Pal noigal (Dental diseases) – Eeru noigal (Diseases of the gums) –Aids to Oral Hygiene.
2. Abnormalities of Structure – Hypoplasia of the deciduous and permanent dentition – classification of aetiological factors in hypoplasia – Flurosis – Prevention of flurosis.
3. Attrition, Abrasion and erosion of the Teeth.
4. Dental caries.
5. Inflammation, Necrosis and Gangrene of pulp.
6. Acute and chronic periapical abscess.
7. Resorption of the Teeth.
8. Cementum abnormalities associated with its formation.
9. Stains and discolouration of the Teeth.
10. Gingivitis – supra gingival and sub gingival calculus – Stomatitis.
11. Congenital abnormalities of salivary glands – congenital atresia of the ducts.

THOL MARUTHUVAM (SKIN DISEASES & Management) (35 hours)

1. Classification of Kutta noigal according to “Yugi chinthamani”
2. Definition for common Dermatological terms Macule – Papule – Vesicles – Wheal – Pustule – Scales – Crust – Excoriations – Fissure –Ulcer - Scar – Alopecia Areata – Atrophy – Burrow – Comedone – Circinata – Erythema – Erythroderma – Erythemato – Squamous – Granuloma etc.
3. Aids to healthy skin
4. Karappaan - Dermatitis and Eczema.
5. Padarthamarai – Tinea infections - Pimples(Acnes)- Verkuru (Prickly heat)
6. Kanakkadi, Silvida thadippu- Urticaria
7. Puzhu vettu-Alopaecia

8. Podugu-Dandruf, Palunni-Molluscum, Maru-Wart
9. Venpadai – Vitiligo and leucoderma
10. Kalanjaga Padai - Psoriasis
11. Sirangu- Scabies
12. Perunoi – Leprosy
13. Bacterial, Viral, Fungal infections of the skin
14. Drug eruption and Bullous eruptions.
15. Diseases of the hair and scalp – Nails – Sebaceous glands – Sweat glands.
16. Skin disorders due to metabolic, nutritional, vascular, atrophic, endocrinal dysfunction and poisons.

PRACTICAL TRAINING IN THE ATTACHED HOSPITAL ON THE FOLLOWING (200 hours)

- 1) Aruvai (Surgical excision)- Keeral (Incision)- Kuruthi vungal (Blood letting)- Attai vidal (Leech therapy)- Salagai(Probing)- Varthi (Medicated wick)- Oodhal (Blowing)- Peechu (Douch/enema) Urinchal(Sucking)- Kattudhal (bandaging)- Chuttigai(cauterization)-Vedhu (Steam therapy)- Pugai (Fumigation)- Karam (caustic medicines)
- 2) Sterilization – Anti sepsis – Sepsis – Surgical Instruments
- 3) Dressing of Ulcers and wounds.
- 4) Hospital infection and preventions
- 5) I.V. fluids infusion and blood transfusion
- 6) Modern surgical instruments – Various Forceps – Retractors – Needle holders – Urinary Catheters - Proctoscope – nasogastric tube – Suture needles and Threads.
- 7) Suture materials – varieties of suture – practical training in suturing.
- 8) Preparation and application of Karanool.
- 9) A knowledge of anaesthesia of general & local.
- 10) Examination of surgical cases – Acute abdomen- wounds – tumours etc.
- 11) Examination of Eye – Ear – Nose – Throat – Skin etc.
- 12) Writing case sheets of surgical cases.
- 13) Practical training in reading, X-rays, Ultra sonogram, CT scan & MRI.
- 14) 1st aid – to aid unconscious patients – CPR – bandages – snake bite – scorpion sting – burns – scalds – haemorrhages and etc.

REFERENCE BOOKS

1. Siddhar Aruvai Maruthuvam, Dr.C.S. Uthamarayan, Department of Indian Medicine and Homeopathy, Chennai, 3rd Edn., 1999,
2. Siddha Maruthuvam Sirappu, Dr.R.Thiagarajan, Directorate of Indian Medicine & Homeopathy, Chennai, 1995.
3. Kan Maruthuvam, Mohammed Iqbal, .
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6. Sarabendra Vaidya Muraigal-Nayana Roga Sigichai, Amirthalingam Pillai, T.S. and Vengatranjan, S. Saraswathi Mahal Library Publication, Thanjavur, 1959.
7. Kann Maruthuvam, Madhavan, V.R, International Institute of Tamil Studies, Chennai, 1982.
8. Siddhar Aruvai Maruthuvam, Uthamarayan, C.S. Dept. of Indian Medicine and Homeopathy, Chennai, 1968
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12. Theran Thylavarka Churakkam, Ramachandiran S P., Thamarai Noolagam, Chennai, 2012.
13. Yugi vaidhya chintamani, Yugimamunivar, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn. 1998
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15. A Manual on Clinical surgery, S. Das, S. Das's Publications, ISBN: 9788190568104
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17. Text book of Diseases of Eye, Vasudev Anantha Rao, All India Publishers & Distributors, 2015, ISBN : 9788180040481
18. Diseases of Ear, Nose, Throat – Dr. Muhammed Iqbal
19. Practice of Dermatology, Dr. Bhel, CBS Publishers & Distributors, 2002, ISBN: 9788123905723
20. Essentials in Dermatology, D. M. Thappa, Jaypeebrothers, 2009, ISBN: 9788184485585
21. A concise text book of surgery, Das S., Dr Somen Das – Kolkata, 2014, ISBN: 9788190568128,



**CENTRAL COUNCIL OF INDIAN MEDICINE
NEW DELHI**

**Syllabus for Siddha Maruthuva Arignar (BSMS) Course
Final Professional BSMS**

**SUBJECT: SOOL, MAGALIR MARUTHUVAM
(Obstetrics and Gynaecology)**

SOOL MARUTHUVAM (Obstetrics)

- I. Koopagam (Anatomy and Physiology) : (3 hrs)
1. Applied Anatomy of Pelvis – Types – Divisions - True & False Pelvis – pelvic floor – Perineum.
 2. External Genital organs – Internal Genital organs
 3. Breast – Physiology of ovulation and Menstruation.
- II. Karu Urpathy : (4hrs)
- (Development of Embryo) According to Siddha aspect – Early development of Embryo in Modern aspect – Fertilization – Morula – Blastocyst- Implantation – Trophoblast – Decidua – Chorion and chorionic villi – Amnion – Amniotic fluid - Development of inner cell mass – Umbilical cord transport – Placental development – Placental hormones and Functions - Maternal and fetal circulation.
- III. Karpini Urupugalin Maruthalgal: (4hrs)
- (Maternal changes due to Pregnancy) – Role of hormones in pregnancy Management of disorders and treatment
- IV. Sool Kanippu: (Diagnosis of Pregnancy): (4hrs)
- First, Second & Third trimester – Subjective – Objective – confirmative signs – Assessment of duration of pregnancy – Calculation of Estimated Date of confinement – Pseudocyesis – Difference between Primi and multigravidae.
- v. Karpini Tharkaapu (Antenatal care): (5hrs)
- Abdominal and pelvic examination – Antenatal visits – Advice – Obstetric grips – Vaginal examination – Minor ailments in pregnancy - Siddha treatment and Yogasanas during pregnancy. Contraception – Siddha and modern concepts – Oral – Injectables – Implants - IUCDs. Etc – Management and treatment

- VI. Magavu: (Foetus) : (2hrs)
 Attitude – lie – Presentation – Position – Sizes of embryo and Foetus during gestation
 diameters of fetal skull – term baby – Preterm baby. – Management and treatment
- VII. Irattai Magavu and Pan Sool: (Twins and Multiple pregnancy). (2hrs)
- VIII. Magaperu Kukaranam: (Complications of Pregnancy): (9hrs)
 Hyperemesis gravidarum – Hydatidiform mole – Oligohydramnios – Polyhydramnios - Anaemia
 – Abnormalities of placenta and cord – Hypertensive disorders of pregnancy – Gestational
 Hypertension - Pre eclampsia – Eclampsia – Gunava avathanagam (Stanza 324 of Yugi vaithiya
 chinthamani) – Preterm labour – Premature Rupture of Membrane (PROM) – Intra Uterine
 Growth Retardation (IUGR) – Rhesus isoimmunisation. – Management and treatment -Maternal
 infection – TORCH – Sexually Transmitted Diseases (STD) – Syphilis – HIV – Gonorrhoea –
 Chicken pox – Malaria – Diabetes – Heart disease – Liver disease – Tuberculosis – Urinary Tract
 infections. – Management and treatment
- IX. Karuchithaivu: (Abortion) : (4hrs)
 Types, Kandagava avathanagam (Stanza 323 of Yugi vaithiya chinthamani) – Differential
 diagnosis — Management and treatment – Ectopic Pregnancy – Tubal – abdominal – ovarian.
- X. Magapperu Mun Uthirasalai: (Antepartum Hemorrhage): (2hrs)
 a. Abruptio placenta – Placenta previa. – Management and treatment
- XI. Sukha Magaperu Nadai: (Stages of Normal Labour): (3hrs)
 Role of hormones in Labour – Uterine action. – Management students are to be exposed to
 sufficient number of deliveries.
- XII. Sukha Magaperu Nigalchikal: (Mechanism of Normal Labour): (2hrs)
 Descent – flexion – Internal rotation – Extension – restitution – external rotation.
- XIII. Sukha Magaperu Kanippu: (Management of Normal Labour): (3hrs)
 Diagnosis of Labour – Management of First Stage – Aseptic and Antiseptic precautions - Second
 stage of Labour – Delivery position- Episiotomy – Ligation of cord – Management of third stage.
- XIV. Asatharana Magaperu: (Abnormal Labour): (6hrs)
 Occipito posterior presentation – Face – brow – Breech – Transverse or oblique lie – Compound
 presentation –Cesarean procedures – Management
- XV. Sool Poopu Sugaranam: (Normal Puerperium): (3hrs)
 Involution of uterus – other pelvic Structures - Lochia – Lactation – Physiology of Lactation –
 Advantages of breast feeding – care of puerperium – care of the newborn. – Management and
 treatment

xvi. Magaperu Pin Uthirasalai: (Postpartum hemorrhage): (1hr)

Retained placenta. – Management and treatment

xvii. Sool Poopu Kukaranam: (Abnormalities of the Puerperium) (3hrs)

Puerperal pyrexia – Puerperal sepsis – subinvolution – Predisposing causes – Organisms – venous complications in the puerperium – Deep vein Thrombosis – Thrombophlebitis – Cerebral venous Thrombosis – Mastitis and breast abscess – Postpartum pituitary Necrosis – Psychiatric disorders during puerperium. – Management and treatment

I. Text books :

1. Sool Maruthuvam, P.M. Venugopal, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, 5th Edn. 2007.
2. DC Dutta's Textbook of Obstetrics, DC Dutta, Hiralal Konar, 8th Edn. JAY PEE Bros. Medical Publishers Pvt. Ltd., ISBN:9789351527237
3. Mudaliar and Menon's Clinical Obstetrics, Universities Press Pvt Ltd., Hyderabad, 12th Edn., 2015,

II. Reference books:

1. Agathiyar vaithiya chinthamani, Dr.Prema, Thamarai noolakam, March 1996
2. Chikicha rathina deepam 4000, C. Kannusami pillai, Rathnanayagar & sons, Chennai. 1st Edn., 2007.
3. Maadhar Maruthuvam, Dr.Chidambarathanu pillai Siddha Medical Literature Research Centre, Chennai, 2nd Edn., Nov. 1984.
4. Arivaiyar chinthamani, Dr.P.Mohan raj, ATSVS Siddha medical college, Munchirai, May 2008.
5. Yacob vaithiya chinthamani 700, S.P. Ramachandran, Thamarai noolakam, May 1996.
6. Theraiyar vagadam , B.Ramachandran, Thamarai noolakam, October 2000.
7. Theraiyar thailavarukka surukkam, C.T.Subramaniya pandithar, Rathnanayagar & sons, Chennai, 4th Edn., 2006.
8. Theraiyar vaithiya kaaviyam 1500, S.P. Ramachandran, Thamarai noolakam, 2nd Edn., Aug 2000.
9. Yugimuni vaithiya kaaviyaam, P.C Mohan, Thamarai noolakam, 2nd Edn., October 2014.
10. Birammamuni vaithiya soothiram Vol. II, Dr.K.Maruthamuthu, Saraswathy mahal noolakam, Thanjavur, 2nd Edn., 2006.
11. Pulippaani vaithiyam 500, S.P. Ramachandran, Thamarai noolakam, 1st Edn., Dec 1999.
12. Eliya vaithiya muraikal 800, Dr.Prema, Tamil university, Thanjavur, 2nd Edn., May 2010.
13. Yugi vaidhya chintamani, Yugimamunivar, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn. 1998.

SUBJECT: MAGALIR MARUTHUVAM (Gynaecology)

1. History, Examination and diagnostic procedure of a Gynecological patient. (1hr)
2. Congenital malformation of female genital organs. (1hr)
Vaginal – Uterine – Fallopian tube – ovarian anomalies – other anomalies.
3. Muthal Poopu(Sukharanam & Kukaranam): (1hr)
Puberty – Normal and abnormal. – Management and treatment
4. Poopu: (2hrs)
Menstruation –Menstrual cycle-Hypothalamo-pituitary-Ovarian axis (H-P-O axis) –
Premenstrual syndrome. – Management and treatment
5. Kadai Poopu: (1hr)
Menopause – organ changes – Menopausal symptoms – Management in siddha.
6. Neuroendocrinology in relation to Reproduction. (1hr)
7. Poopu Kolarugal: (Disorders of Menstruation). (2hrs)
Amennorrhoea – Menorrhagia – Metrorrhagia – Dysfunctional Uterine bleeding – Types –
DD – – Management and treatment
8. Soothagavali: (Dysmenorrhoea): (1hr)
Siddha and modern concepts– Management and treatment
9. Karuppai Adithallal:(Displacement of Uterus). (1hr)
Genital prolapse – Retroversion – chronic inversion. – Management and treatment
10. Maladu: (4hrs)
Infertility in Siddha and modern aspects – Types, Treatment and Management
11. Yoni Rogangal: Diseases of the Vagina in Siddha aspect and treatment. (2hrs)
12. Koopaga Urupugallin azharchi: Infections of the pelvic organs. (4hrs)
Vellai -(Leucorrhoea) – Vulvitis – Bartholinitis – Vaginitis – Cervicitis – Endometritis –
Salpingitis – Oophoritis – Parametritis – Genital Tuberculosis – Management and treatment
Sexually Transmitted Infections.
Gonorrhoea – Syphilis – AIDS – Hepatitis B & C – Bacterial vaginosis – Trichomonas Vaginitis
– monilial vaginitis – Management and treatment
13. Siruneer vega Kolarugal: Urinary problems in Gynecology. (2hrs)
Urinary Tract Infections – Incontinence – Fistula – Vesico vaginal fistula and Recto vaginal
fistula (VVF & RVF). – Management and treatment
14. Nan Maravai Kattigal-Karuppai: Benign lesions of the Uterus. (2hrs)
Fibroid – polyps. – Management and treatment

15. Nachu Maravai Kattigal- Karuppai: Malignant lesions of the Uterus. (6hrs)
Cancer of cervix, Uterus and Vagina. – Management and treatment
16. Nan Maravai Kattigal- Sinaippai- Benign lesions of the ovary. (2hrs)
Polycystic ovarian Disease (PCOD) – Siddha treatment. Follicular cyst – Endometrial cyst (Chocolate cyst) – Dermoid cyst. – Management and treatment
17. Nachu Maravai Kattigal – Sinaippai: (2hrs)
Malignant Ovarian Tumors. – Management and treatment
18. Nagil Sothanai: (3hrs)
Breast Examination – Fibroadenoma – Carcinoma. – Management and treatment
19. Miscellaneous: (1hr)
Post menopausal bleeding – Lowbackache – Dyspareunia – Pruritus Vulvae – Hirsutism. – Management and treatment - Hermaphroditism Turner syndrome, Klinefelter’s syndrome- Virilism – Management (1hr)

PRACTICAL TRAINING IN THE ATTACHED HOSPITAL ON THE FOLLOWING (175 hours)

1. Examination of Ante natal and Post natal Cases
2. Practical training on handling instruments like speculum, uterine sound, vulsalum etc.,
1. 3.Vaginal smear
3. Clinical examination of Breast.
2. 5.Writing of case records.
5. Training on Ultrasonogram ,necessary investigations and interpretations.
6. Application of Puramauthuvam in OG conditions

Text books :

1. Magalir Maruthuvam, P.M. Venugopal, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, 4th Edn., Reprint, 2013.
2. DC Dutta’s Textbook of Gynaecology, DC Dutta, Hiralal Konar, 7th Edn. JAY PEE Bros. Medical Publishers Pvt. Ltd., ISBN: 9789385891595
3. Shaw’s Text book of Gynecology, Shirish N. Daftary & V.G. Padubidri, Reed Elsiwer India Pvt. Ltd, 16th Edn 2015, ISBN: 9788131238721.

Reference books:

1. Jeeva raktchamirtham, Subramaniya Pandithar, The Arrow Press, Madras, 2nd Edn., 1928
2. Yugi vaidhya chintamani, Yugimamunivar, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn., 1998.
3. Agathiyar vaithiya chinthamani 4000, S. Prema, Thamarai noolakam, March 1996.
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5. Maadhar Maruthuvam, Dr.Chidambarathanu pillai Siddha Medical Literature Research Centre, Chennai, 2nd Edn., Nov 1984.Yacob vaithiya chinthamani 700, S.P. Ramachandran, Thamarai noolakam,May 1996.
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10. Birammamuni vaithiya soothiram Vol. II, K.Maruthamuthu, Saraswathy mahal noolakam, Thanjavur, 2nd Edn., 2006.
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12. Eliya vaithiya muraikal 800, S.Prema, Tamil university, Thanjavur, 2nd Edn.,May2010.
13. Thanvanthiri vaithiya kummi -300, V.R.Madhavan, Tamil university, Thanjavur, 1st Edn., July 2004.



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Final Professional BSMS**

**SUBJECT: KUZHANTHAI MARUTHUVAM
(PAEDIATRICS)**

- 1. Neo natal care, Infant care, Child care. (4hrs)**
- 2. Breast milk (3hrs)**
composition, advantages and disadvantages to the children and mother.
- 3. New born (6hrs)**
term baby-preterm baby-Low birth weight-Minor problems in pediatric age group.-Intrauterine infections.-Respiratory disorders.-Icterus.-Neonatal seizures.-Rh incompatibility-ABO incompatibility.-Undescended testis.-Phimosis.-Hydrocele.-Ambiguous genitalia.-APGAR score.- Neonatal reflexes
- 4. Immunization (3hrs)**
Immunization schedule. (IAP, WHO)-complication of immunisation-other schedules of immunisation-Urai maathirai. (உரை மாத்திரை)-Cheiennai (சேய் எண்ணெய்)
- 5. Growth and development (6hrs)**
introduction-factors affecting growth and development.-periods of growth-assessment of physical growth-assessment of bone age.-eruption of teeth-behavioural development.- developmental milestones.-developmental delay.
-Disorders of growth and development
-short stature-failure to thrive
-behavioural disorders-nail biting, thumb sucking, pica eating
-poor school achievers.
-breath holding spells.
- 6. Adolescent (3hrs)**
Physiology.-Stages of sexual maturation.-Hormonal changes.-Health problems during adolescence.-Psychological problems.-Juvenile delinquency-management and line of treatment
- 7. Nutritional deficiency disorders (4hrs)**
Protein energy malnutrition.-Vitamin and mineral deficiency diseases.-management and line of treatment-Study of causes, clinical features, classification, diagnosis, treatment (medical & surgical) with scientific correlations – clinical examination and investigations for the following diseases.
- 8. Agakaarana noigal according to yugimuni (32hrs)**
Kiranthi (2 types)– Thodam(25 types) – Maantham(33 types) – Kanam(24 types) - Karappan(18 types) – Suram(20 types) – Sanni(9 types) – Valippu(4 types) – Akkaram(8 types) - Paandu, Sobai, Kamalai(3 types) – Kazhichal(3)types– Kakkuvan -Amaram-Maalaikann

9.Purakaarana noigal according to yugimuni**(2hr)**

Seeri seeri azhuthal – Vikkal – Vayiru porumal- Vayitru noi - Kottaavi – Malakkattu – Neerkkattu -Vayiruveengal – Paal Kudiyaamai - Paal ethireduthal - Thodam

10.Infectious diseases.**(8hrs)**

Diphtheria-Pertussis-Tetanus-Mumps-Measles-Chicken pox-AIDS in children.

11.Infestations:**(2hrs)**

Naaku poochi -Keeri poochi-Masaraipuzhu-Other infestations-management and line of treatment

12. Gastro intestinal system.**(6hrs)**

Seriyamai - Vaanthi – Vikkal - Lactose intolerance - Malabsorption syndrome – Dysentry - Rectal prolapse - Congenital pyloric stenosis - management and line of treatment

13.Cardio vascular system.**(6hrs)**

Congenital cardiac diseases. -cyanotic and acyanotic heart diseases -management and line of treatment

14. Central nervous system.**(8hrs)**

Baala vaatham and its types-Cerebral palsy. -Mental retardation. Hyperactivity disorders-ADHD, Autism-Temper tantrum. -management and line of treatment

15. Musculo skeletal disorder.**(2hr)**

Muscular dystrophy -management and line of treatment

16. Genetic disorder**(2hr)**

Down's syndrome & its management, other common genetic disorders

17. Endocrine disorder.**(3hr)**

Cushing's syndrome. -Juvenile diabetes mellitus. management and line of treatment

PRACTICAL TRAINING IN THE ATTACHED HOSPITAL ON THE FOLLOWING**(175 hours)**

1. Examination of Infantile and Neonatal cases.
2. Practical training on handling instruments like incubator, suction tube etc.,
3. Practical application on Immunization schedule
4. Training on General and Systemic Examinations of Pediatric cases
5. Writing of case records.
6. Training on Ultrasonogram ,necessary investigations and interpretations.
7. Application of puramaruthuvam in peadiatric ailments.

Reference books

1. Pillaipini maruthuvam, S.sundhar rajan, Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, 1st edn. 1993
2. Kuzhanthai maruthuvam Vol. I to V, Chidambarathanu pillai, Siddha Medical Literature Research Centre, Chennai, 2003-2004
3. Balavatha nidhanam, Chidambarathanu pillai, Siddha Medical Literature Research Centre, Chennai

4. Kuzhandhai vaithiyam, Chidambarathanu pillai, Siddha Medical Literature Research Centre, Chennai, 1997
5. Maadhar Maruthuvam, Dr.Chidambarathanu Pillai, Siddha Medical Literature Research Centre, Chennai
6. Mooligai Iyal, Arunachalam V., Pothigai Pathippagam, Ambasamuthiram, 1st Edn., 1994.
7. Pregnancy, childbirth, postpartum and newborn care - A guide for essential practice, WHO, United Nations Population Fund & UNICEF, 3rd edn., 2015
8. Managing complications in pregnancy and childbirth - A guide for midwives and doctors, WHO; United Nations Population Fund; UNICEF & World Bank, 2003, ISBN: 9241545879
9. Managing newborn problems -A guide for doctors, nurses and midwives, World Health Organization, Dept. of Reproductive Health and Research; United Nations Population Fund; UNICEF, ISBN: 9241546220
10. WHO recommended interventions for improving maternal and newborn health -Integrated management of pregnancy and childbirth, WHO, 2007
11. Standards for maternal and neonatal care - Group 1: General standards of care for healthy pregnancy and childbirth, World Health Organization, Department of Making Pregnancy Safer and Department of Reproductive Health and Research, 2007 (Web only version as a part of WHO Integrated Management of Pregnancy and Childbirth Care (IMPAC) Package)
12. Balavagadam, C.S. Murugesu Mudaliar (Au.), Pon Kurusironmani (Ed.), Department of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu, Chennai, Revised Edn. 1998
13. Jeeva raktchamirtham, Subramaniya Pandithar, The Arrow Press, Madras, 2nd Edn., 1928
14. Aathmaratchaamirthamennum Vaithiya Saara Sangiragam, Kandasamy Mudaliar, Sri Shenbaga Pathipagam, 2012
15. குழந்தை நல மருத்துவம், டாக்டர் ஞா. இராஜராஜேஸ்வரி, டாக்டர் அ. ஜெகதீசன், தமிழ்ப் பல்கலைக்கழகம், தஞ்சாவூர், 2003, ISBN:9788170903154
16. Mathalai Noi thoguthi, Dr. P. Mohanraj, ATSVS Siddha Medical College and Hospital, Kanniyakumari, 2008 (Vol. I, II), 2009 Vol. III, ISBN : 9789380288109
17. Guide to Child Care (Parenting the Indian way), R.K. Anand, Vakils Feffer And Simons Ltd., 2nd Edn. 2008, ISBN: 9788184620085
18. Siddha Maruthuvam, Dr. Kuppusamy Mudhaliar, Tamilnadu Siddha medical council, Chennai, 2nd edn, 1987.
19. Ghai Essential Pediatrics, Vinod K Paul, CBS Publishers & Distributors-New Delhi ISBN: 9788123923345,
20. Achar's Textbook of Pediatrics, Swarna Rekha Bhat (ed.), Universities Press, 4th Edn., 2009

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