**SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA & HOSPITAL, HASSAN**

**Centre for International Studies, Innovations, Skill Development & Research in Ayurveda (CIISDRA)**

**SHORT TERM CERTIFICATE COURSE IN KSHARA SUTRA**

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| Place : Sri Dharmasthala Manjunatheshwara College Of Ayurveda & Hospital, HassanConducted by : Department of Shalya Tantra |
| **DURATION OF THE COURSE** – **300 hours**

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| --- | --- | --- | --- | --- |
| **Sl.no** |  **Content** | **Online** | **Offline** |  **Total** |
| 1 | Theory | 75 hours | - | **75 hours** |
|  |
| 2 | **Hands on training:** |  |  | **150 hours** |
| Session-I - Observation |  | 15 hours |
|  | Session – II –Assisting & independent Performing |  | 60 hours |
|  | Session – III Assisting & independent Performing |  |
|  | Session IV - Pre & Post – Operative procedures |  | 30 hours |
|  | Session V – Work experience |  | 15 hours |
|  | Session VI - Assisted learning |  | 30 hours |
|  |
| 3 | Self-learning |  |  |  **75 hours** |
|  | TOTAL | **300 hours** |

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| **Medium of Instruction**: English**TIMINGS** : Online : 2 ½ Hrs per day (3:00pm to 5:30 pm) (in consultation with participants batch) Offline : As per time table |
| **MINIMUM ELIGIBILITY FOR JOINING THE COURSE :**1) The graduates, post graduates of any recognized medical systems 2) Students & Internees of any Medical Institutions with recommendation of the Head of the Institution (HOI). |
| **COURSE DESCRIPTION**This course delivers knowledge of treating the diseases with Kshara Sutra And Kshara Karma in day today practice in various Ano-rectal disorders along with performing skills in an ethical & effective manner.Course will be conducted in three levels of training- * LEVEL 1 –Self-study before starting hands -on training programme.
* LEVEL 2 - Online interactive lectures for 30 days
* LEVEL 3 - Hands on training on Kshara sutra skills for 15 days.
* Method of evaluation conducted in all 3 levels of training for the purpose of assessment of candidates is as follows:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Mode of conduction of examination** | **Types of question** | **Marks** |
| **Theory** | **Observation** | **Practical** | **Total** |
| LEVEL 1 (Before commencement of online classes) | Online  | Multiple choice  | 25 | - | - | 25 |
| LEVEL 2 (Before commencement of Hands on training programme) | Online | Multiple choice and Short answer | 25 | 25 | - | 50 |
| LEVEL 3 (On completion of Hands on training programme) | Offline | Multiple choice, Short answer &Practical | 50 | 75 | 100 | 225 |
|  |  |  | 100 | 100 | 100 | 300 |

**ASSESSMENT MODALITIES**1. Level I training - need to score minimum 50% marks to enter level II training
2. Level II training - need to score minimum 50% marks to enter level III training
3. Final examination - need to score minimum 50% marks to be awarded with a certificate.

**Successful candidates will be awarded with certificates**. |
| **OUTCOMES OF THE COURSE:** Trainee will 1. Develop skill to practice Kshara Sutra in various surgical cases related to Ano-rectal disorders, procedures for promotion of health, prevention of various complications and cost effectiveness.2. Gain knowledge about advancement in Kshara sutra and kshara karma3. Be confident to establish an ideal Ano-rectal clinic. |
| **SCOPE OF THE COURSE:**1. Kshara Sutra, trained medical graduate can work as a consultant in own Clinic / polyclinic / Centre in accordance with the Law of the Land.2. Can provide public awareness programme related to Kshara Sutra3. Can refer critical patients to appropriate health establishments |

**TIME TABLE OF HANDS ON TRAINING**

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| --- | --- | --- | --- |
| **Sl.no** | **Duration** | **Hours** | **Schedule** |
| 1 | 7:00am-8:00am | 01 | Hands on training (Session I) - Observation  |
| 2 | 8:00am – 9:00am | - | Breakfast at Yogakshema |
| 3 | 9:00 am – 10:00am | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward |
| 4 | 10.00 am-12.00 noon | 02 | Hands on training (Session II) – Assisting & Performing. |
| 5 | 12.00pm – 1.00pm | 01 |  Work experience with faculty (Interaction on course content) |
| 6 | 1.00 pm- 2.00 pm | - | Lunch at Yogakshema |
| 7 | 2.00 pm  – 4.00 pm | 02 | Hands on training (Session III)- Assisting & Performing |
| 8 | 4.00 pm – 5.00 pm | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward. |
| 9 | 5.00 pm – 6.00 pm | - | Refresh & relax  |
| 10 | 6.00 pm  – 8.00 pm | 02 | Assisted learning – Central Library |
| 11 | 8.00 pm-9.00 pm | - | Dinner at Yogakshema |
|  | **Active Hours** | **10** |  |

**THEORY TOPIC SCHEDULE**

1. **LEVEL 2 – Online interactive teaching**

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| --- | --- | --- |
| **Day wise** | **Topic** | **Resource Person** |
|  | Applied aspect of anatomy of Anus & Rectum | Dr.Gopikrishna B.J |
|  | Physiology of Anus & Rectum | Dr. Sahanasheela K.R |
|  | Ano - Rectal examination | Dr. Shivani A.C |
|  | Diagnostic tools in Anorectal disorders | Dr. Shyam Warma |
|  | Drug discussion -Ksharadravyas : Gunas, part used, identification | Dr. Shivani A.C |
|  | Drug discussion – Pratisaraneeya kshara Preparation, /Kshara Sutra preparation/Kshara Varti | Dr. Mahesh Kumar E.S |
|  | Standardization of Kshara, Kshara sutra – different varieties of Kshara & kshara Sutra, various researches in present era | Dr. Shyam Warma |
|  | Anaesthesia, Ano-rectal diseases | Dr. Gopikrishana B.J |
|  | Poorva Karma - Preoperative assessment and Investigation | Dr. Sahanasheela K.R |
|  | Pradhana Karma - operative methodology. | Dr. Shyam Warma |
|  | Paschat Karma- Post operative care. | Dr. Shyam Warma |
|  | Post - operative complication. | Dr. Shivani A.C |
|  | Yogyavidhi -Kshara sutra demonstration & thread change, Relevance in present scenario | Dr. Mahesh Kumar E.S |
|  | Complications of Kshara Sutra, Kshara Karma | Dr. Mahesh Kumar E.S |
|  | Analgesics in Ano-rectal diseases | Dr. Gopikrishana B.J |
|  | Role of Rakta mokshana in Anorectal disorders. | Dr. Sahanasheela K.R |
|  | Agnikarma application | Dr. Sahanasheela K.R |
|  | Ayurvedic Management of Ano-rectal disorders - Arshas | Dr. Shyam Warma |
|  | Haemorrhoids | Dr. Shivani A.C |
|  | Guda Vidradhi (Peri anal abscesses) | Dr. Mahesh Kumar E.S |
|  | Fissure in Ano ( Parikartika) / Anorectal Strictures | Dr. Shyam Warma |
|  | Fistula in ano | Dr. Gopikrishana B.J |
|  | Proctitis / Pruritis Ani | Dr. Sahanasheela K.R |
|  | Nadi Vrana (Pilonidal sinus) | Dr. Gopikrishana B.J |
|  | Rectal prolapse (Guda Bhramsha) | Dr. Mahesh Kumar E.S |
|  | Gastrointestinal bleeding - Upper/lower/obscure GI bleed | Dr. Shivani A.C |
|  | Bhagandara | Dr. Mahesh Kumar E.S |
|  | Anal Incontinence / Descending Perineal Syndrome | Dr. Shivani A.C |
|  | CA Rectum and anal canal | Dr. Gopikrishana B.J |
|  | Solitary Ulcer Syndrome / ARM ( Ano-rectal malformation) | Dr. Sahanasheela K.R |

**B) Hands on training**

Number of Procedures done by Candidates

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SL. No** | **Procedure** | **Observation** | **Assisting** | **Independent** | **Total** |
| 1 | Collection of Raw drugs for kshara  | 3 | 2 | 1 | 6 |
| 2 | Mrudu & Madhyama kshara preparation | 3 | 2 | 1 | 6 |
| 3 | Teekshna Kshara Preparation | 3 | 2 | 1 | 6 |
| 4 | Paniya Kshara Preparation | 3 | 2 | 1 | 6 |
| 5 | Kshara sutra preparation  | 3 | 2 | 1 | 6 |
| 6 | Diagnosis of Anorectal diseases | 1 | 1 | 1 | 3 |
| 7 | Proctoscopy examination | 1 | 1 | 1 | 3 |
| 8 | Performing Kshara sutra  | 3 | 2 | 1 | 6 |
| (Changing Kshara sutra with Rail-road technique) | 3 | 2 | 1 | 6 |
| 9 | Purva Karma & Sambhar Sangraha (Preoperative procedures) | 3 | 2 | 1 | 6 |
| 10 | OT Procedures  | 3 | 2 | 1 | 6 |
| Arshas, Bhagandara  | 3 | 2 | 1 | 6 |
| 11 | OT Procedures  | 3 | 2 | 1 | 6 |
| Guda vidradhi, Nadi vrana, Parikartika | 3 | 2 | 1 | 6 |
| 12 | Post-operative care | 3 | 2 | 1 | 6 |
| 13 | Post-operative dressing  | 3 | 2 | 1 | 6 |
| 14 | Agnikarma  | 3 | 2 | 1 | 6 |
| 15 | Jalaukavacharana  | 3 | 2 | 1 | 6 |