

Theory Paper – 40 hours

Unit I

Philosophy and principles of herbal medicines (2 hrs)

Unit II

1. How to live healthy and prevent diseases
2. The characteristics of prakritis
3. Regimen for healthy living
4. Preventive measures for specific ailments (6 hrs)

Unit III

1. Commonly available herbs used as medicines
2. Common names and Scientific names of medicinal plants
3. Method of preparing and administering herbal medicines (9 hrs)

Unit IV

1. Treatment for common ailments (6 hrs)
Fever, Anaemia, general weakness, Cold, Flu
2. Treatment for respiratory ailments
Cough, Asthma, Bronchitis

Unit V

1. Treatment for digestive system
Diarrhoea, dysentery, indigestion, stomach pain, gastric problems, nausea and vomiting, ulcer, intestinal worms, constipation and jaundice
2. Treatment for ailments of eye, ear, nose and throat
General remedies for better health of eyes, sore eyes, injury to the eye
Ear ache, ear flow, mumps, tonsillitis and sinusitis (9 hrs)

Unit VI

1. Treatments for cuts, wounds, burns and fracture
2. Treatments for snake bite, monkey bite, rat bite, bites of cat, scorpion sting, honey bee and wasp sting and spider poisoning (8 hrs)

Practicals – 20 hrs