

Shalaky CME Module (EYE + ENT + Orodental + Diseases of head)

PART A (Samanya Vishleshna of Shalaky Tantra)

Understanding the Basic Fundamental Concepts of Shalaky Tantra:

1. Detailed study of Fundamentals of Ayurveda like Dosha- Dhatu- Mala-Srotas-Agni-Sama Niramavastha – concept of Avarana etc. and their applied aspect in Shalakyatantra.
2. Detailed study of Ashtavidha ShastraKarma & Anushashtrakarma, Vranashopha, Vranabandahan, Vranitopasaniya, Shashti Upakrama etc. and their applied aspect in Shalakyatantra.
3. Detailed study along with applied aspect of Rachana shareera (Along with surgical anatomy) and Kriyashareera of Nasa, Karna, Mukha, Shirah as per Ayurveda and Modern. Understanding the concept and clinical application of Indriya Pancha Panchaka.
4. Brief knowledge of *Marmas* related to Shalaky and its role in pathology of various diseases and its clinical application.
5. Understanding the diseases of Shalaky tantra which are manifested as a part of systemic diseases and Ayurvedic approach for their management.
6. Integrative Approach of Management for Eye & ENT Degenerative & Neurological Disorders:
 - All neurological disorders
 - Degenerative disorders
 - Autoimmune disorders
 - Disorders of Facial Nerve
 - Optic Nerve Anomalies

Vishishta Upkarmas & Kriyakalpas:

7. Discussing & developing SOPs {include standard doses also} of all Vishishta Upakramas & Kriyakalpas like, Anjana, Ashotana, Vidalaka, Pindi, Seka, Tarpan, Putapka, Karnapramarjana, Karnadhavana, Karnadhoopana, Karnapoorana, Karnavarti, Avachoorana in Karna, all type of Nasya, Dhoomapana, Shiroabhyanga, Shirodhara, Shiropichu, Shirobasti, Shirolepa, Kavala, Gandoosha, Pratisarana, Dantadhoopana, Dantapoorana, Dantasharkara Nirharana, Ksharakarma, Agnikarma, Raktamokshana, Lepa etc. in detail and their applied aspect (Clinical practice).
8. Sharing new Innovations in Kriyakalpas & Vishishta Upkarma procedures or adopted method practiced by different Shalakis all over India.
9. Hands on training sessions on Kriyakalpas & Vishishta upkarmas.
10. Sharing knowledge of authentic preparation of different Yogas used in Shalaky like Anjana, Ashchytana, Dhooma Varti, Taila, Ghrita, Kshara kalpana etc.
11. Industrial insight about Preparation of modern eye drops including their standards precautions, laboratory's minimum requirement, Optimized conditions etc.
12. Discussion on application and benefits of Ayurvedic Shastrakarma and their fundamentals in clinical practice in Shalaky related diseases like Arma,

Kaphaja Lingnasha, Lagana, Utsangini, Puyalasa, Dantasharkara, Krumidanta, Dantanadi, Tundikeri, Nasarsha etc.

13. Detailed study and discussion on Sandhana Shastrakarma (Karnasandhana, Nasa sandhana, Oshtha Sandhana) and their clinical practice.

PART B - OPHTHALMOLOGY

Diagnostic Concepts:

14. Modern Diagnostic and therapeutic equipment / Procedures & their interpretation used in Ophthalmology like Slit Lamp Bio microscopy, Autorefractometry, Applanation Tonometry, Retinoscopy, FFA, OCT, Gonioscopy, VEP, Perimetry, A scan, B scan, Pachymetry, Synaptophore, orthoptics examination etc. (As per the availability or arrangement in Host Institute) & its application in Ayurveda Practice.

Disease Pathology & Management Concept:

15. Detailed interactive discussion about applied aspect of Nidana (specially in present era), Samprapati, Differential diagnosis, Chikitsasutra and Pathya – Apathya etc. in the context of Netraroga like Timira, Abhishyanda, Adhimantha, Srava, Krishnagata Roga etc.
16. Detailed interactive discussion about certain controversial point like the Drishti, Patala etc. and their clinical aspect in Ayurvedic practice.
17. Discussion about limitations & possibilities of Shalakyatantra in treating new emerging eye diseases e.g. CVS, Mucormycosis, Behcet's disease, Retinoblastoma, Keratoconus etc.
18. Detailed interactive discussion about pathogenesis of different Modern diseases & their best possible understanding with ayurveda samprapti.
19. Exploring about the integrative approach for proper management of all complicated ocular diseases e.g. Diabetic Retinopathy, Glaucoma, Eale's disease, Wet & Dry Macular degeneration, Retinitis Pigmentosa, ROP, Retinal Detachment etc.
20. Discussion about the management of Acute Emergency conditions of the eye e.g. corneal injuries, abrasions, Ruptured globe, Vitreous hemorrhages, Acute angle closure Glaucoma, Orbital Cellulitis etc. with an integrated approach.
21. Application of Laser treatment (like LASIK, YAG, ALT, PRP, Excimer laser etc.) in different ophthalmic disorders.

Part C (ENT + Oro-dental + Diseases of head)

Diagnostic Concepts:

22. ENT & Dental examination along with Examination of Neck, oral cavity, salivary gland, Dental Notation, etc. and their utility in Ayurvedic diagnosis.

23. Modern diagnostic and therapeutic equipment / Procedure & their interpretation used in ENT and Dentistry like Nasal endoscopy, Laryngoscopy, Audiometry, Different tests for Vertigo, Tympanogram, Hearing Aids, BERA, Cochlear, X-ray, Orthopantomogram (OPG), MRI, CT scans, USG Etc. and their utility in Ayurvedic diagnosis and management.
24. Differential diagnosis (whether it is Poorvaroop, Roopa, Upadrava or Swatantra Vyadhi) of diseases of Karna, Nasa, Mukha and Shiroroga as per Ayurveda.

Diseases Pathology & management concepts:

25. Detailed interactive discussion about applied aspect of Nidana (specially in present era), Samprapati, Chikitsasutra and Pathya – Apathya in the context of Nasa, Karna, Mukha & Shiroroga especially in present era.
26. Understanding of Vertigo, BPPV, Meniere's disease, their differential diagnosis and management (As per Ayurveda and Modern).
27. Understanding Speech disorder (along with Ayurvedic and modern aspect) and basic knowledge of Speech Therapy.
28. Management (Modern as well Ayurveda) of emergency and acute condition like Epistaxis, Earache, Headache, Toothache, Foreign body of Ear, Nose and Throat etc.
29. Discussion about the understanding the challenging diseases like Nasal Polyp, Rhinitis (specially Allergic Rhinitis, Vasomotor Rhinitis, Chronic rhinitis), Adenoids, CSF Rhinorrhea, Meniere's , Tinnitus, Deafness, CSOM, recurrent tonsillitis, Diseases of Vocal cord like Polyp, Palsy, Diseases of Gingiva and teeth, Diseases of Salivary gland, Migraine, Trigeminal Neuralgia, Tension headache etc. in present era as per Ayurveda (along with Ayurvedic differential diagnosis) and their Ayurvedic management / treatment (along with sharing clinical experience).
30. Discussion about limitations & possibilities of Shalaky tantra in treating new & emerging ENT related diseases e.g. Oral Submucous Fibrosis, Pigmented lesions in oral cavity, Carcinoma of Oral cavity, Throat and Nose, drug induced diseases of Shalaky etc.
31. Understanding the diseases of scalp along with differential diagnosis as per Ayurveda and Modern e.g. – Khalitya, Palitya, Indralupta, Darunaka, Aroomshika etc.

PART D – (Some other Key Points of Shalaky Tantra)

Understanding the Various Yogas & Procedures Used In Shalakyatantra

32. Understanding the fundamentals for selecting Oral medicine (From Kayachikitsa) in Shalaky related diseases.
33. Exploring & discussing deep fundamentals behind ayurvedic Yogas explained in Samhitas.
34. Area wise discussion about availability of raw drugs & prepared ones.
35. Discussion & implementation on possible aspects of GCP in Ayurvedic

Ophthalmology, Dentistry, Headache, and Ear-Nose- Throat related diseases.

Panchakarma in Shalakya:

36. Role of Panchakarma in preventive, promotive and curative aspect (along with to prevent/treatment of the Shalakya related diseases which are manifested as complication of systemic diseases) in Shalakyatantra.

Research Areas in Shalakya:

37. Basic Fundamentals of Research methodology related to Shalakya Tantra & Discussion about various suitable study designs e.g. Qualitative & Quantitative Research developing Questionnaires, their validation & focus group discussions, COHORT study, RCTs, Case control design, Black box design etc.
38. Discussion & exploring ideas about collaborative integrated research projects related with different streams of modern research oriented institutes.

Preventive Care in Shalakya tantra

39. Discussion on importance of Swasthyaraksha Upaya (Swasthavrutta Palan), Dincharya, Ritucharya, Aharavidhividhana, Sadvrutta Palana etc. as preventive, promotive and curative aspect in the context of Shalakya related diseases.
40. Effect of Life style in the context of Shalakya related diseases and their prevention by Ayurveda.
41. Role of Ayurveda in National Programme for prevention and control of deafness (NPPCD).
42. Role of Ayurveda in National Programme for Control of Blindness (NPCB) and National Oral Health Programme (NOHP)
43. Preventive / Curative Yoga and Pranayam related to Shalakya Tantra.

Teaching Technology and Methodology

44. Exploring & adopting new innovative tools of teaching e.g. microteaching methods, Smart boards, Simulators, Video conferences, media tools integrated with Learning Management Systems e.g. Moodle Learning etc. for refining teaching skills & better understanding of students.

Demonstration of Live procedures:

- Live surgeries by proper audiovisual setup directly from OT or fine demonstration of videos of surgical procedures e.g. Cataract, Glaucoma, Pterygium, Squint, Chalazion, Vitreoretinal surgeries etc.
- Live surgeries by proper audiovisual setup directly from OT or fine demonstration of videos of surgical procedures e.g., SMR, Septoplasty, Polypectomy (Nasal Polyp), FESS, Rhinoplasty (Nasasandhana), Myringotomy, Mastoidectomy, Tonsillectomy, I & D in quincy, Tooth extraction (with Jalandhara Bandha

technique), RCT etc.

- Demonstration of preparation of Ayurvedic formulations for Shalakya tantra as per the facility available in organizing institutes.

Activities:

- Assignments for participants regarding all relevant & clinical topics of concerned subject of CME after end of each session.
- Interactive session with discussion in various reports of different procedures and discussion / differential diagnosis with participants.
- Practical demonstration of different functional models for applied anatomy and physiology of Nose, Throat, Ear. (Virtual dissection table like anatomage).
- Generating platform for faculty members to present their experiences, rare case studies & other relevant topics to CME subject.
- Conducting 1-2 teachers training sessions for refining their teaching skills & adopting new innovative tools of teaching.
- Stress reliever 1-2 activity by some professional in between the CME which will refresh the mind of each participant for further interest in learning.

Recommendations:

1. To separate modules of Ophthalmology & ENT, Head & Oro-dental sections can be prepared as per the permission of The AYUSH Ministry.
2. There should be good coordination between experts of Research Methodology & Experts of Shalakya Research Projects as a resource person for sessions of Research Methodology so that better outcome can be expected.

