



**BACHELOR OF
ALTERNATIVE
MEDICINE & SURGERY**

UNIT 1

PROMOTIVE HEALTHCARE

1. PROMOTING HEALTHCARE FOR INFANT AND MOTHER.

- a. Promoting importance of physical fitness & yoga.
- b. Promoting importance of healthy food & nutrition for mother and child.
- c. Promoting importance of monitoring child and mother health & prevention from injury through diagnostics.
- d. Promoting importance of SIDS (Sudden Infant Death Syndrome) prevention techniques.
- e. Promoting importance of skilling society for – feeding/bathing/clothing/skin care, sleep requirements, oral health education, emotional requirements, behavioural understandings (handling tantrums & separation anxiety)
- f. Promoting importance of vaccination.

2. PROMOTING HEALTHCARE FOR CHILDREN, ADULTS, OLD AGED & DIFFERENTLY ABLED PEOPLE.

- a. Promoting the Importance of Hygiene, Sanitization and Cleanliness.
- b. Promoting the Importance of Physical Fitness & Yoga.
- c. Promoting the Importance of Regular Health Checkups/Early Diagnosis.
- d. Promotion of Women Health & Hygiene.
- e. Promoting the Importance of Positive Thinking & Stress Free Living.
- f. Promoting the Importance of Meditation & Proper Sleeping Habits.
- g. Promoting the Importance of Healthy Food & Awareness of Nutritious Diet.
- h. Promotion of diseases caused by Smoking, Drinking Alcohol & Chewing Tobacco.
- i. Promotion of Healthcare Literacy through Improving Knowledge & Developing Life Skills.
- j. Promoting the Importance of Exercise and Nutrition for Differently Abled.

3. PROMOTING COMMUNITY HEALTHCARE.

- a. Promotion about Environmental Factors of Improving Health such as Clean Water Supplies, Proper Drainage, Sanitation, Solid Waste Disposal, Industrial Waste Disposal

- Management, Disaster Management, Community Medicine, Animal Health management.
- b. Promoting Importance of Social Planning and Policy Change.
 - c. Promoting the Importance of Maintaining Sex Ratio in Society.
 - d. Promoting awareness against Vector Borne Diseases (Transmitted through mosquitos/ sandflies/ snails).
 - e. Promoting Importance of Improving Community Perceptions about Health.
 - f. Promotion of Cultural Healthcare by resolving religious conflicts for better healthcare delivery & public health.
 - g. Promoting Importance of Community Capacity Building.

4. METHODS OF PROMOTING HEALTHCARE LITERACY

- a. Television/Print Media Advertisements, Movies/Theatre on Awareness of Health & Hygiene, Social Media, Awareness camps by Professionals, Posters/ Leaflets/ Bulk Messages by Government Agencies/ NGOs/Any organization under social responsibility initiative, Celebrities supporting such issues in Public Events, Internet 'Pop Ups'

UNIT 2

PREVENTIVE HEALTHCARE

1. PREVENTIVE HEALTHCARE FOR ALL ADULTS.

- a. Prevention Through Vaccination.
- b. Prevention Through Screening & Counseling.
- c. Prevention Through Nutrition
- d. Prevention Through Physical Fitness/Yoga/Physiotherapy

2. PREVENTIVE HEALTHCARE FOR WOMEN.

- a. Prevention For Pregnant Women.
- b. Other Preventions Through Screening & Counseling For Women.
- c. Prevention Through Nutrition
- d. Prevention Through Physical Fitness/Yoga/Physiotherapy

3. PREVENTIVE HEALTHCARE FOR CHILDREN.

- a. Preventive Screening For New Borns.
- b. Prevention Through Vaccination For Children Between 0-18 Years Old.
- c. Other Preventions Through Screening.
- d. Prevention Through Nutrition
- e. Prevention Through Physical Fitness/Yoga

1. PREVENTIVE HEALTHCARE FOR ALL ADULTS

- **PREVENTION THROUGH VACCINATION** for All Adults with Doses & Recommended Ages.
 - Diphtheria, Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus (HPV), Influenza (flu shot), Measles, Meningococcal, Mumps, Pneumococcal, Rubella, Tetanus, Varicella (Chickenpox)
- **PREVENTION THROUGH SCREENING & COUNSELING**
 - **Abdominal Aortic Aneurysm** for men/women who have ever smoked.
 - **Alcohol Misuse Screening & Counseling.**
 - **Aspirin Use Screening & Counseling** to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk.
 - **Blood Pressure, Sugar & Cholesterol Screening** for all adults.
 - **Colorectal Cancer Screening** for adults 50 to 75.
 - **Diabetes (Type 2) Screening** for adults 40 to 70 years who are overweight or obese.
 - **Falls Prevention** (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting.

- **Depression Screening.**
 - **Diet Counseling** for adults at higher risk for chronic disease.
 - **Statin Preventive Medication** for adults 40 to 75 at high risk.
 - **Hepatitis B Screening** for people at high risk, including people from countries with 2% or more Hepatitis B prevalence.
 - **Hepatitis C Screening** for adults at increased risk, and one time for everyone born 1945–1965.
 - **HIV Screening** for everyone ages 15 to 65, and other ages at increased risk.
 - **Lung Cancer Screening** for adults 55-80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years.
 - **Obesity Screening and Counseling.**
 - **Sexually Transmitted Infection (STI) Prevention Counseling** for adults at higher risk.
 - **Syphilis Screening** for adults at higher risk.
 - **Tobacco Use Screening** for all adults and cessation interventions for tobacco users.
 - **Tuberculosis Screening** for certain adults without symptoms at high risk.
- **PREVENTION THROUGH NUTRITION**
 - **PREVENTION THROUGH PHYSICAL FITNESS/YOGA/PHYSIOTHERAPY**

2. PREVENTIVE HEALTHCARE FOR WOMEN

- **PREVENTION FOR PREGNANT WOMEN**
 - **Anemia screening** on a routine basis.
 - **Breastfeeding comprehensive support and counseling** from trained providers, and access to breast feeding supplies, for pregnant and nursing women.
 - **Folic acid** supplements for women who may become pregnant
 - **Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
 - **Gonorrhea screening** for all women at higher risk
 - **Hepatitis B screening** for pregnant women at their first prenatal visit
 - **Preeclampsia prevention and screening** for pregnant women with high blood pressure
 - **Rh incompatibility screening** for all pregnant women and follow-up testing for women at higher risk
 - **Syphilis screening**
 - **Expanded tobacco intervention and counseling** for pregnant tobacco users
 - **Urinary tract or other infection screening**
- **OTHER PREVENTIONS THROUGH SCREENING & COUNSELING FOR WOMEN**
 - **Breast cancer genetic test counseling (BRCA)** for women at higher risk
 - **Breast cancer mammography screenings** every 1 to 2 years for women over 40
 - **Breast cancer chemoprevention counseling** for women at higher risk
 - **Cervical cancer screening**
 - **Chlamydia infection screening** for younger women and other women at higher risk
 - **Diabetes screening** for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before
 - **Domestic and interpersonal violence screening and counseling** for all women

- **Gonorrhea screening** for all women at higher risk
- **HIV screening and counseling** for sexually active women
- **Osteoporosis screening** for women over age 60 depending on risk factors
- **Rh incompatibility screening** follow-up testing for women at higher risk
- **Sexually transmitted infections counseling** for sexually active women
- **Syphilis screening** for women at increased risk
- **Tobacco use screening and interventions**
- **Urinary incontinence screening** for women yearly
- **Well-woman visits** to get recommended services for women under 65

- **PREVENTION THROUGH NUTRITION**
- **PREVENTION THROUGH PHYSICAL FITNESS/YOGA/PHYSIOTHERAPY**

3. PREVENTIVE HEALTHCARE FOR CHILDREN

- **PREVENTIVE SCREENING FOR NEW BORN**

- Height, Weight Assessment
- Bilirubin concentration screening
- Hypothyroidism screening
- Blood screening
- Hemoglobinopathies or sickle cell screening
- Gonorrhea preventive medication for the eyes of all newborns
- Hearing screening

- **PREVENTION THROUGH VACCINATION FOR CHILDREN BETWEEN 0-18 YEARS OLD**

- Diphtheria, Tetanus, Pertussis (Whooping Cough)
- Haemophilus influenza type b
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus
- Influenza (flu shot)
- Measles
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella (Chickenpox)

- **OTHER PREVENTIONS THROUGH SCREENING**

- **Alcohol, tobacco, and drug use assessments** for adolescents
- **Autism screening** for children at 18 and 24 months
- **Behavioral assessments, Height, Weight and Body Mass Index (BMI) Measurements & Blood Pressure Screening** for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years

- **Developmental screening** for children under age 3
- **Cervical dysplasia screening** for sexually active females
- **Depression screening** for adolescents beginning routinely at age 12
- **Fluoride chemoprevention supplements** for children without fluoride in their water source
- **Fluoride varnish** for all infants and children as soon as teeth are present
- **Hematocrit or hemoglobin screening** for all children
- **Hepatitis B screening** for adolescents at high risk, including adolescents from countries with 2% or more Hepatitis B prevalence
- **HIV screening** for adolescents at higher risk

- **PREVENTION THROUGH NUTRITION**
- **PREVENTION THROUGH PHYSICAL FITNESS/YOGA**

UNIT 3

CURATIVE HEALTHCARE

1. INTRODUCTION OF ALTERNATIVE MEDICINE & SURGERY

- a. INTRODUCTION OF MODERN MEDICINE.
- b. INTRODUCTION OF HOMEOPATHIC PHILOSOPHY, PSYCHOLOGY & ORGANON OF MEDICINE
- c. .INTRODUCTION OF AYURVEDIC PHILOSOPHY (PADARTHA VIGYANA & CHARAKA SAMHITA)
- d. INTRODUCTION OF EXERCISE & ELECTRO THERAPY IN PHYSIOTHERAPY
- e. INTRODUCTION OF NATURE CURE INCLUDING ACUPRESSURE, ACUPUNCTURE, REFLEXOLOGY, REIKI, PRANIC HEALING AND PRINCIPLES OF YOGA

2. MUSCULOSKELETAL SYSTEM (Bones, Muscles & Joints)

- a. PREVENTIVE MUSCULOSKELETAL CARE
- b. ANATOMY & PHYSIOLOGY.
- c. BIOCHEMISTRY & MICROBIOLOGY.
- d. PATHOLOGY & DIAGNOSTICS.
- e. DISEASE BASED PHARMACOLOGY
 - i. Through Allopathy
 - ii. Through Homeopathy
 - iii. Through Ayurveda
 - iv. Through Physiotherapy
 - v. Through Naturopathy
- f. SURGERY & ANESTHESIOLOGY

3. REPRODUCTIVE & URINARY SYSTEM (Obstetrics & Gynaecology)

- a. PREVENTIVE REPRODUCTIVE & URINARY CARE
- b. ANATOMY & PHYSIOLOGY.
- c. BIOCHEMISTRY & MICROBIOLOGY.
- d. PATHOLOGY & DIAGNOSTICS.
- e. VENEREOLOGY.
- f. DISEASE BASED PHARMACOLOGY
 - i. Through Allopathy
 - ii. Through Homeopathy
 - iii. Through Ayurveda
 - iv. Through Physiotherapy

v. Through Naturopathy

g. SURGERY & ANESTHESIOLOGY

4. SENSORY SYSTEM (Ear, Nose & Tongue)

a. PREVENTIVE E.N.T CARE

b. ANATOMY & PHYSIOLOGY.

c. BIOCHEMISTRY & MICROBIOLOGY.

d. PATHOLOGY & DIAGNOSTICS.

e. DISEASE BASED PHARMACOLOGY

i. Through Allopathy

ii. Through Homeopathy

iii. Through Ayurveda

iv. Through Physiotherapy

v. Through Naturopathy

f. SURGERY & ANESTHESIOLOGY

5. OPHTHALMOLOGICAL SYSTEM (Eyes)

a. PREVENTIVE EYE CARE

b. ANATOMY & PHYSIOLOGY.

c. BIOCHEMISTRY & MICROBIOLOGY.

d. PATHOLOGY & DIAGNOSTICS.

e. DISEASE BASED PHARMACOLOGY

i. Through Allopathy

ii. Through Homeopathy

iii. Through Ayurveda

iv. Through Physiotherapy

v. Through Naturopathy

f. SURGERY & ANESTHESIOLOGY

6. CARDIO VASCULAR SYSTEM (Heart)

a. PREVENTIVE CARDIO VASCULAR CARE

b. ANATOMY & PHYSIOLOGY.

c. BIOCHEMISTRY & MICROBIOLOGY.

d. PATHOLOGY & DIAGNOSTICS.

e. DISEASE BASED PHARMACOLOGY

i. Through Allopathy

ii. Through Homeopathy

iii. Through Ayurveda

- iv. Through Physiotherapy
- v. Through Naturopathy

f. SURGERY & ANESTHESIOLOGY

7. RESPIRATORY SYSTEM (Lungs)

- a. PREVENTIVE RESPIRATORY CARE
- b. ANATOMY & PHYSIOLOGY.
- c. BIOCHEMISTRY & MICROBIOLOGY.
- d. PATHOLOGY & DIAGNOSTICS.
- e. DISEASE BASED PHARMACOLOGY
 - i. Through Allopathy
 - ii. Through Homeopathy
 - iii. Through Ayurveda
 - iv. Through Physiotherapy
 - v. Through Naturopathy
- f. SURGERY & ANESTHESIOLOGY

8. DIGESTIVE SYSTEM (Gastro-Intestinal, Stomach, Liver, Gallbladder, Pancreas)

- a. PREVENTIVE DIGESTIVE CARE
- b. ANATOMY & PHYSIOLOGY.
- c. BIOCHEMISTRY & MICROBIOLOGY.
- d. PATHOLOGY & DIAGNOSTICS.
- e. DISEASE BASED PHARMACOLOGY
 - i. Through Allopathy
 - ii. Through Homeopathy
 - iii. Through Ayurveda
 - iv. Through Physiotherapy
 - v. Through Naturopathy
- f. SURGERY & ANESTHESIOLOGY

9. DENTAL SYSTEM (Mouth, Teeth)

- a. PREVENTIVE DENTAL CARE
- b. ANATOMY & PHYSIOLOGY.
- c. BIOCHEMISTRY & MICROBIOLOGY.
- d. PATHOLOGY & DIAGNOSTICS.
- e. DISEASE BASED PHARMACOLOGY
 - i. Through Allopathy
 - ii. Through Homeopathy

- iii. Through Ayurveda
- iv. Through Physiotherapy
- v. Through Naturopathy
- f. SURGERY & ANESTHESIOLOGY

UNIT 4

REHABILITATIVE HEALTHCARE

- 1. PSYCHOLOGY, SOCIOLOGY & COUNSELING IN REHABILITATION HEALTHCARE**
- 2. LOCOMOTORS DISABILITY & REHABILITATION**
- 3. AUDIOLOGY & AURAL REHABILITATION**
- 4. VISUAL IMPAIRMENTS & REHABILITATION**
- 5. MENTAL RETARDATION & LEARNING DISABILITY REHABILITATION**
- 6. REHABILITATION THROUGH NURSING CARE**
- 7. REHABILITATION POLICIES IN INDIA**