



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

**MANONMANIAM SUNDARANAR UNIVERSITY**

**SYLLABUS FOR DIPLOMA IN SIDDHA HUMAN CARE  
PROGRAM OFFERED THROUGH DIRECTORATE OF VOCATIONAL  
EDUCATION (COMMUNITY COLLEGES AND VOCATIONAL SKILL DEVELOPMENT  
CENTRES) FROM 2019 - 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON  
ACADEMIC AFFAIRS HELD ON WEDNESDAY  
THE 22<sup>nd</sup> JANUARY 2020**

**DIPLOMA IN SIDDHA HUMAN CARE**

சித்தா மானுடநலம் பேணல் பட்டயம்

**SCHEME OF EXAMINATION**

Subject Code	Title of the Course	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C19SH11/E19SH01	Basic Human System	6	90	40/100
C19SH12/E19SH02	Introduction of Siddha System	6	90	40/100
C19SH13/E19SH03	Varma Massage	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19SHP1/E19SHP1	Practical I-Varma Massage	4	120	40/100
<b>Semester II</b>				
C19SH21/E19SH04	Hospital Management	6	90	40/100
C19SH22/E19SH05	Psychology	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19SH24/E19SH06	Yoga and diet	6	90	40/100
C19SHPW/E19SHPW	Internship - 6 months with stipend	8	150	40/100

**Eligibility for admission:** Pass in 12<sup>th</sup> Std examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

**Examination:** Passing Minimum for each Course is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the Courses and as given below:

40% but less than 50% - Third class

50% but less than 60% - Second class

60% and above - First class

**Theory Paper**

Internal Marks-25

External Marks-75

**Syllabus****First Semester**

- Course-I : Basic Human System  
 Course-II : Introduction of Siddha System  
 Course-III : Varma and Massage  
 Course-IV : Communicative English  
 Course-V : Practical I-Varma Massage

**Second Semester**

- Course-VI : Hospital Management  
 Course-VII : Psychology  
 Course-VIII : Life Skill  
 Course-IX : Yoga and diet  
 Course-X : Internship - 6 months with stipend

**\*(Semester Pattern for Community College Only)**

## **Program Objectives**

- Due to Today's Consumeristic life style the danger of non infectious diseases rather than infectious diseases has increased lot. In this situation the demand for allied studies of our traditional Tamil system of medicine otherwise called Siddha medical system such as Siddha Nursing assistances system Siddha therapy assistance, Siddha Hospital administration assistance etc. is also increasing tremendously. Hence it is also required to conduct such courses.

### **Semester I**

#### **COURSE I(C19SH11/E19SH01)BASIC HUMAN SYSTEM**

#### **Objectives**

- It is mandatory for everyone to learn about the Anatomy and Physiology of human body for better understanding and management of Human Health. This chapter explains the fundamental human organs and their functioning.

#### **UNIT-I**

**18 Hrs**

Muscular system: Muscles of upper limb, thorax abdomen, pelvic, head and neck.

#### **UNIT-II**

**18 Hrs**

Nervous system: Central nervous system, peripheral nervous system.

#### **UNIT-III**

**18 Hrs**

Skeletal system: Lymphatic system and physiology of digestive system.

#### **UNIT-IV**

**18 Hrs**

Physiology: introduction of cardiovascular system, respiratory system, cells tissue.

#### **UNIT-V**

**18 Hrs**

Blood and body fluids- RBC And Hb, WBC And Platelets, Blood Groups.

#### **Reference books:**

- Foundation of Anatomy and Physiology – ROSS AND WILSON
- Human Physiology-SARADA SUBRAMANIYAM

## COURSE II

### (C19SH12/E19SH02)Introduction of Siddha System

#### Objectives

- Siddha Systems were the origin of Medical Sciences in Human evaluatory process. Hence it is very essential to learn about the fundamentals of Siddha Systems for better understanding and management of Human Health Care.

#### Unit I

18 Hrs

Determination of visible and in visible things (porul nirnayam , aruva , aruvatha , uruva porul nirnayam)-Three humoural theory (uyir thathukkal – vali , azhal and iyam – predominant locations – properties – physiological function – abnormal functions – increased and decreased features – classification – temperature ( thegi )-Seven physical constituents (udal kattukkal ) – description about 7 physical constituents i.e. normal function – increased and decreased features-8 methods of diagnosis.

#### UNIT II

18 Hrs

Definition and description of the following: Pathiyam (prescribed diet)-Pattini (fasting therapy)-Pattu (plaster)-Thokkanum (physical manipulation-Ottratum (foementation)-Rasavatham (alchemy)-Muppu-Kayakalpam(elixir science)-Bethi (purgative therapy)-Vanthi maruthuvam (emetic therapy)-Vethu (steam or atmotherapy)-Idumarunthu ( philtres)-Nanju (poison)-Vehangal(natural urges )-Oppurai , ethirurai , kalappurai (principle of treatment)

#### UNIT III

18 Hrs

Alavai (epistemology) scientific approach , Universe – andam & pindam (introductory)

#### Unit IV

18 Hrs

96 hathuvas (composition of the body , their enumeration and activities of thathuvas)

#### Unit V

18 Hrs

History of 18 siddhars , Thinai – five kinds of lands and diseases, Astanga yogam, Attama chiddigal

#### Reference books

1. Thotrakirama aaraichiyum , siddha maruthuva varalarum by Dr. Uttamarayan H.P.I.M
2. Siddha maruthuvanga churkkam . by Dr. Uttamarayan H.P.I.M
3. Principles of diagnosis in siddha by Dr. N. Shanmugavelu Dr.K. Natarajan

## COURSE III

### (C19SH13/E19SH03)VARAMA MASSAGE

#### **Objectives**

Varma is one of the core and refined treatment methods of Siddha Medical System which can cure most of the diseases without much stress and pain for the patients. It is done by stimulating certain points on Human body either by applying pressure or by stroking in a particular manner which is called Varma Massage. These techniques are also used in a Martial Art called Kalari. Hence it is unavoidable for anybody learning Siddha Systems to learn also about Varma.

#### **UNIT – I**

**18 Hrs**

Massage – definition, benefits, classification and types.

#### **UNIT –II**

**18 Hrs**

Varma points stimulation, Regional classification and Therapeutically applications. Varma points in head and face, Varma points in neck and hands, Varma points in chest, Varma points in back

#### **UNIT –III**

**18 Hrs**

Definition of acupressure – acupressure panchakarma-vapour bath-classification and uses of fuming bath.

#### **UNIT –IV**

**18 Hrs**

Adankals – definition,classification-names of adankals-variation in records-amirtham and visam-brief study of its circulation.

#### **UNIT –V**

**18 Hrs**

Varma kalari kinds-methods used in kalari basic exercises-pre-exercises – sparingsdefence mechanisms-locks.

#### **Reference books:**

Varmam – 108 Dr.T.KannanRajaram – 2010-Siddha medical literature publications, Kaniyakumari - Varma Suthiram- 2007 –Udiyavendam- Kathiga publications – Chennai - Agasthiyar Varma SuthiraVilagam- 2009 -p. S.manian- VijyaPathibagam- Kovai

## Course IV

### (C19CE10/E19CE10) COMMUNICATIVE ENGLISH

#### 1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

#### 2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

#### 3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

#### 4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

#### 5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

#### **Reference :**

1. V.H.Baskaran – “English Made Easy”
2. V.H.Baskaran – “English Composition Made Easy”  
(Shakespeare Institute of English Studies, Chennai)
3. N.Krishnaswamy – “Teaching English Grammar”  
(T.R.Publication, Chennai)
4. “Life Skill” – P.Ravi, S.Prabakar and T.Tamzil Chelvam,  
M.S.University, Tirunelveli.

## **Course V**

### **(C19SHP1/E19SHP1)PRATICAL I - VARMA MASSAGE**

#### **Objectives**

- This method of treatment consists of a few techniques such as Adangal, Thadaval, Thattal etc. It is very essential to learn and practice these for better handling and curing of patient's diseases.

#### **List of Exercises**

- Varma points stimulation, Regional classification and Therapeutical applications.
- Varma points in head and face, Varma points in neck and hands, Varma points in chest, Varma points in back

**SEMESTER II  
COURSE VI  
(C19SH21/E19SH04)HOSPITAL MANAGEMENT**

**Objectives**

- The demand for medical support is also growing proportionately with increasing population along with sophisticated life styles. To address this issue more and more number of Siddha Hospitals are required which in turn increases the demand for qualified staff to manage them. Hence it is important for anyone learning Siddha Systems to gain knowledge on Hospital Management subject.

**Unit I**

**18 Hrs**

**Healthcare - Introduction**

Introduction – Theoretical frame work of healthcare – Internal and External healthcare – Environmental Scanning of healthcare – International and Technological Environment of healthcare

**Unit II**

**18 Hrs**

**Health Care Systems**

A Conceptual Approach to Understanding the Health Care Systems – Institutional Settings - Out Patient services – Medical Services – Surgical Services – Operating department –Hospital Laboratory services –

**Unit III**

**18 Hrs**

**Hospital Management**

Understanding the Hospital Management – Role of Medical, Nursing Staff, Paramedical and Supporting Staff - Health Policy - Population Policy - Drug Policy – Medical Education Policy

**Unit IV**

**18 Hrs**

**Health Care in India**

Overview of Health Care Sector in India – Primary care – Secondary care – Tertiary care – Rural Medical care – urban medical care – curative care – Preventive care – General & special Hospitals-

**Unit V**

**18 Hrs**

**Health Care Regulation**

Health Care Regulation – WHO, International Health regulations, IMA, MCI, State Medical Council Bodies, Health universities and Teaching Hospitals and other Health care Delivery Systems

**Reference Books:**

1. Paul's, Readings in Economics, Tata McGraw Hill, New Delhi , 1992
2. Dwivedr D.N.Microeconomic Theory, Vikas Publications, New Delhi,1996
3. Seth, M. L. Macroeconomics, Lakshminarayana Agrawal, Edu, Pub.Agra.1996
4. Varshey, R.L. & Maheshwari, K.L., Managerial Economics, Sultan Chand, Delhi,1996
5. Peter,Z & Fredrick, B.,Health Economics, Oxford Pub., New York, 1997
6. Shanmugansundaram, Y., Health Economics, Oxford Pub. New York, 1997



## **COURSE VII**

### **(C19SH22/E19SH05)Psychology**

#### **Objectives**

- Due to the modern and changing life styles people get affected by psychological stress very often. This reflects also in their physical health. Hence to understand, handle and treat a patient, it becomes very much essential to know the basics of Psychology.

#### **Unit I**

**18 Hrs**

Definition of psychology – how to learn more effectively – good study habits – observing – thinking – reasoning – problem solving – goals setting .

#### **Unit II**

**18 Hrs**

Personality – self concepts – self awareness and acceptance – characteristics of a mentally healthy person – factors that influence personality development

#### **Unit III**

**18 Hrs**

Emotion – positive emotion – negative emotion – stress – management of stress – frustration – conflicts – adjustment.

#### **Unit IV**

**18 Hrs**

Normal and abnormal behavior – causes for abnormal behavior – observation of behavior change – prevention of mal adjustment – prevention of mental illness – defense mechanism.

#### **Unit V**

**18 Hrs**

Psychosomatic illness – Neurotic illness – psychotic illness – mental retardation – types of treatments for mental illness.

#### **Reference Books**

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Manual for Health worker –Ministry of Health and Family welfare.

## Course VIII

### (C19LS23/E19LS05)Life Skill

#### I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

#### II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

#### III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

#### IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

#### V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

#### References:

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College,Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

**COURSE IX**  
**(C19SH24/E19SH06)YOGA and DIET**

**Objectives**

- Yoga is an ancient technique which uses the human body itself to get cured of its diseases and keep fit by stretching and folding the body in specific postures and altering the breathing patterns. These techniques not only support physical fitness but also relieve human mind from stress and tension.
- Diet plays a very vital role in keeping good health and retrieve from diseases as the food we eat is a major factor of our health condition. Hence it is mandatory for anybody learning any form of treatment methods to learn about Yoga and Diet.

**Unit I:**

**18 Hrs**

Principles of diet and its importance- Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. nonvegetarian diet,, Balanced diet- Carbohydrates, Proteins, Lipids- - Minerals, Vitamins.

**Unit II:**

**18 Hrs**

Principles of Satvika, Rajasika and Tamsika Diet - Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himocika.

**Unit III:**

**18 Hrs**

Practical benefits of Surya Namaskarar and Practice of Surya Namaskaram

**Unit IV:**

**18 Hrs**

Practical benefits of Mudras and Practice of Mudras (ASWINI MUDRA, CHIN MUDRA, KHECHARI MUDRA,MAHA MUDRA)

**Unit V:**

**18 Hrs**

Meditation, Types of Meditation and its benefits, practice of Meditation

**BOOKS FOR STUDY AND REFERENCE**

1. Arokiya Vazhvu - Dr. Asana Andiappan, Chennai.
2. Mootchikalai Pranayamam - Dr. Asana Andiappan, Chennai
3. Yoga for students Health - A. Yoganath
4. . Nazhavallvirkana Yogasanangal - Yogi. T.A. Krishnan
6. Yoga Chart - Dr. Asana Andiappan, Chennai.

**Course X**

**(C19SHPW/E19SHPW)INTERNSHIP – 6 months with stipend**

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