

YSS303A MODERN APPROACH OF HEALTH SYSTEM

Course Objectives:

To make the students to know:

- Taking case history of the patient.
- Examination of a patient and review of system.
- Etiology, symptoms, complications and treatment of the diseases according to modern approach.

Course Outcome:

After the course student will be able to:

- Establish effective communication with the patient.
- Take the case history of the patient and record it with all relevant points.
- To carry out the general examinations of the patient and record them.
- Describe the selected diseases and their treatment according to the Modern approach

- I Examination of a Patient and Review of Systems 15 Hrs**
- 1) Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep
 - 2) Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data
 - 3) General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions where relevant.
 - 4) Review of - Gastrointestinal system, cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases
- II. Modern Approach – Etiology, Symptoms, Complications, Treatment with Features and management. 15 Hrs**
- 1) Hypertension, Cardiac Disorders.
 - 2) Diabetes Mellitus, Obesity
 - 3) Br.Asthma, Constipation
 - 4) Arthritis, Peptic Ulcer

III. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. **15 Hrs**

- 1) Backache, Spondylitis and Spondylosis
- 2) Depression, Anxiety, Insomnia
- 3) Menstrual disorders
- 4) Thyroid problems, Sexual disorders.

Reference Books

1. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.
2. G. D Wasley. (1973). *Clinical laboratory techniques*. Balkema: Baillière Tindall, Balkema, A.A.. P.O. Box 1675. NL-3000.
3. Harsh Mohan. (2018). *Textbook of Pathology*. New Delhi: Jaypee Brothers Medical Publishers, New Delhi, Delhi 110002 New Delhi.
4. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
5. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). New Delhi : New Age Books, Delhi, 110002 India.
6. Maxine Papadakis, Stephen McPhee, & Michael Rabow. (2019). *Current Medical Diagnosis and Treatment* (59 ed.). New York : McGraw-Hill Education / Medical, New York, NY 10121 New York.
7. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.). Nottingham: Saunders Ltd, Nottingham NG5 7JD, United Kingdom.
8. Munjal Y. P. (2015). *API Textbook of Medicine (Volume I & II)*. New Delhi : Jaypee Brothers Medical Publishers, Delhi, 110002 India.
9. Rahul Tanwani. (2016). *The Skills of History Taking* (2 ed.). New Delhi : Jaypee Brothers Medical Publishers, Delhi, 110002 India.
10. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods*. Delhi : Central Health, Govt of India, Nirman Bhavan, New Delhi- 110011.
11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Swami Kuvalyananda. (2005). *Pranayama* (3 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
13. Udupa, K. N. (2007). *Stress and its Management by Yoga*. New Delhi: Motilal Banarsidass Publishers, Delhi, 110007 India.