

Competency-based clinical questions in Ayurveda are designed to test a student's understanding, critical thinking, and application of Ayurvedic principles in real-world clinical scenarios. These questions integrate theoretical knowledge, diagnostic skills, treatment strategies, and patient management. Here's a detailed guide to competency-based clinical questions in Ayurveda:

1. Prakriti-Based Questions

- **Example Question 1:**
A 35-year-old male presents with dry skin, irregular bowel movements, and insomnia. His lifestyle involves frequent travel and skipping meals. Diagnose his prakriti and suggest a suitable treatment plan.
 - **Competency Expected:**
 - Identify the dominant Vata prakriti features.
 - Formulate a treatment plan addressing Vata imbalance:
 - Shodhana: Basti with Anuvasana.
 - Shamana: Ashwagandha Churna with milk.
 - Pathya: Warm, unctuous food, regular meals.
 - Lifestyle: Dinacharya emphasizing Abhyanga and a fixed routine.
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2. Dosha-Vikriti-Based Questions

- **Example Question 2:**
A 50-year-old female presents with burning sensation, acid reflux, and irritability. She consumes spicy food regularly and has a stressful lifestyle. Identify the dosha involved and suggest a comprehensive treatment plan.
 - **Competency Expected:**
 - Diagnose Pitta prakopa (vitiation).
 - Propose treatment:
 - Shodhana: Virechana therapy.
 - Shamana: Avipattikar Churna.
 - Pathya: Cooling foods (e.g., milk, ghee, and cucumber).
 - Lifestyle: Stress reduction, meditation, pranayama.
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3. Diagnosis and Management of Roga (Diseases)

- **Example Question 3:**

A 40-year-old male complains of joint pain, swelling, and morning stiffness. He has been diagnosed with Amavata. Outline the Ayurvedic diagnosis and management approach.

- **Competency Expected:**

- Diagnose Amavata based on symptoms and pathology of ama and Vata.
 - Management:
 - Shodhana: Deepana (digestive stimulants) with Trikatu Churna, followed by Virechana or Basti.
 - Shamana: Rasnasaptakam Kwath.
 - Pathya: Avoid heavy and cold foods; consume light, warm, digestible food.
 - Lifestyle: Avoid damp environments and promote gentle exercise.
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4. Panchakarma Competency

- **Example Question 4:**

A 28-year-old male with chronic headaches, nasal congestion, and insomnia seeks Ayurvedic treatment. Which Panchakarma therapy would you recommend, and why?

- **Competency Expected:**

- Diagnose a Vata-Kapha condition (likely due to sinusitis or stress-induced headache).
 - Recommend Nasya therapy with Anutaila.
 - Justify the choice:
 - Nasya clears Kapha from the head region.
 - Vata pacification improves insomnia.
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5. Ahar-Vihar (Diet and Lifestyle) Competency

- **Example Question 5:**
A 25-year-old female complains of acne, irregular periods, and weight gain. How will you counsel her regarding ahar (diet) and vihar (lifestyle)?
 - **Competency Expected:**
 - Diagnose Kapha-Pitta vitiation leading to hormonal imbalance.
 - **Counsel:**
 - **Ahar:** Avoid oily, fried, and dairy products; include bitter and astringent foods like karela and spinach.
 - **Vihar:** Encourage yoga (Surya Namaskar), avoid excessive sleep, and practice mindfulness.
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6. Pharmacological Competency

- **Example Question 6:**
A 45-year-old diabetic patient presents with fatigue and delayed wound healing. Suggest appropriate Ayurvedic medicines and explain their actions.
 - **Competency Expected:**
 - Diagnose Madhumeha.
 - **Medicines:**
 - Nisha-Amalaki Churna: Reduces blood sugar.
 - Vijaysar Kwath: Anti-diabetic and wound-healing properties.
 - Guduchi Satva: Immunomodulator and rejuvenator.
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7. Integration of Modern and Ayurvedic Principles

- **Example Question 7:**
A patient with rheumatoid arthritis is on DMARDs (Disease-Modifying Anti-Rheumatic Drugs) but seeks Ayurvedic support. How will you integrate Ayurvedic management?
 - **Competency Expected:**
 - **Co-management plan:**
 - Use Rasayana therapy (e.g., Ashwagandha, Guggulu) to reduce inflammation.
 - Panchakarma therapies like Basti for pain relief.
 - Monitor for drug interactions and ensure complementary care.
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8. Rasayana Competency

- **Example Question 8:**
A 65-year-old male with fatigue, poor digestion, and memory loss seeks rejuvenation therapy. Suggest suitable Rasayana and its method of administration.
 - **Competency Expected:**
 - Recommend Chyawanprash with milk for immunity and vitality.
 - Use Medhya Rasayana like Brahmi for memory.
 - Incorporate lifestyle changes like Abhyanga and meditation.
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9. Ritu-Charya and Seasonal Competency

- **Example Question 9:**
A patient frequently suffers from allergies and colds during spring (Vasanta). How would you counsel the patient regarding Ritu-charya?
 - **Competency Expected:**
 - **Advice based on Kapha-vitiation:**
 - Perform Vamana therapy in early spring.
 - Recommend Kapha-pacifying diet: light, dry foods like barley and honey.
 - Encourage exercise and exposure to sunlight.
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10. Pediatric Ayurveda (Kaumarbhritya)

- **Example Question 10:**
A 3-year-old child presents with recurrent cough and fever. How will you manage this condition using Ayurvedic principles?
 - **Competency Expected:**
 - Diagnose Balashosha (childhood malnutrition leading to recurrent infections).
 - **Treatment:**
 - Swarnaprashana for immunity.
 - Use herbs like Sitopaladi Churna with honey.
 - Diet: Include warm, easily digestible food like khichdi with ghee.
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11. Research-Oriented Competency

- **Example Question 11:**
A patient with osteoarthritis wants evidence of efficacy for Ayurvedic management. What will you provide based on clinical research in Ayurveda?
 - **Competency Expected:**
 - Present research on the efficacy of Shallaki and Guggulu in reducing inflammation.
 - Discuss evidence supporting Panchakarma for joint pain management.
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Key Areas to Focus On

1. **Diagnosis and Differential Diagnosis:** Integrating Ayurvedic principles and modern tools.
2. **Customized Treatment Plans:** Tailored to prakriti, vikriti, and patient preferences.
3. **Holistic Approach:** Combining diet, lifestyle, medicine, and Panchakarma.
4. **Communication Skills:** Explaining Ayurvedic terms in patient-friendly language.
5. **Evidence-Based Practice:** Highlighting scientific backing for Ayurvedic interventions.