

BAMS Kayachikitsa Viva Guide

Topic	Vyadhi Type (Disease Classification)	Key Points	Important Shloka	Terminologies	Chikitsa (Treatment)
Kayachikitsa	Nija (Internal), Agantuja (External)	Deals with metabolic & systemic disorders	कायः स अग्निसंयोगः, तस्य चिकित्सा कायचिकित्सा।	Kaya - Body, Agnisamyogah - Digestive fire	Deepana, Pachana, Langhana, Rasayana
Agni (Digestive Fire)	Nija	Jatharagni, Bhutagni, Dhatwagni types	जाठरं पचति सर्वं स्थावरं जङ्गमं च यत्।	Jatharagni - Digestive fire, Dhatwagni - Tissue fire	Agni Deepana, Ahara Chikitsa
Tridosha Siddhanta	Nija	Vata, Pitta, Kapha balance governs health	वातपित्तकफाः दोषाः शरीरं धारयन्ति हि।	Dosha - Bioenergies, Dhatu - Tissues	Tridosha balancing therapies
Srotas (Body Channels)	Nija	13 types, carrying essential nutrients	स्रोतोमयं हि शरीरम्।	Pranavaha - Respiratory, Raktavaha - Circulatory	Srotoshodhana, Shamana
Jwara (Fever)	Nija, Agantuja	8 types: Vataja, Pittaja, Kaphaja, Sannipataja, etc.	सप्ताहानां ज्वरः क्षान्तिः॥	Sannipataja - Mixed dosha fever	Langhana, Shamana, Shodhana

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Atisara (Diarrhea)	Nija, Agantuja	6 types: Dosha-based, emotional	अतिसारस्तु वातेन यदा दोषाः प्रदूष्यते॥	Atisara - Excessive flow	Grahi dravyas, Deepana
Grahani Dosha (IBS, Sprue)	Nija	Agni dushti, weak digestion	ग्रहणी पाचनं स्थानं जाठराग्नेः प्रतिष्ठितम्॥	Grahani - Duodenum disorder	Pitta & Agni correction
Arshas (Piles/Hemorrhoids)	Nija	6 types - Dosha based	स्निग्धोष्णाल्पमलाहारात् कोष्ठबद्धत्वकारिणः॥	Arshas - Piles	Kshara Karma, Basti
Udara Roga (Ascites)	Nija	8 types: Vataja, Pittaja, Kaphaja, etc.	क्लेदो मेदोऽथ दोषाश्च दोषयन्त्युदरं क्रमात्॥	Udara - Abdominal diseases	Agni Deepana, Nitya Virechana
Prameha (Diabetes Mellitus)	Nija	20 types (Kapha - 10, Pitta - 6, Vata - 4)	प्रभूतमूत्रं तु मधुरं स पाण्डुत्वं च लक्षयेत्॥	Prameha - Urinary disorders	Shodhana, Ahara regulation
Kushtha (Skin Diseases)	Nija	18 types: Mahakushta (7), Kshudrakushta (11)	वातादिभिः समुत्थानि कुष्ठानि परिकीर्तिताः॥	Kushtha - Skin disease	Panchakarma, Raktamokshana
Rajayakshma (Tuberculosis)	Nija	Ojas depletion, progressive emaciation	ओजोक्षयाद्राजयक्ष्मा॥	Rajayakshma - TB	Rasayana, Balya therapy
Hridroga (Heart Diseases)	Nija	5 types: Dosha-based & Krimija	हृद्रोगाः पञ्च विज्ञेया वातपित्तकफोद्भवाः॥	Hridroga - Heart disease	Hridya dravyas, Snehana

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Shotha (Edema, Swelling)	Nija, Agantuja	3 types: Vataja, Pittaja, Kaphaja	शोथस्तु वातपित्तकफसन्निपातक दोषजः॥	Shotha - Edema	Srotoshodhana, Virechana
Vatarakta (Gout, Arthritis)	Nija	Vata & Rakta imbalance in joints	रक्तं वातेन संपीड्य स्रवत्येव स विशेषतः॥	Vatarakta - Gout	Snehana, Raktamokshana
Amlapitta (Acid Peptic Disorders)	Nija	GERD, ulcers, hyperacidity	अम्लपित्तं द्विधा प्रोक्तं ऊर्ध्वमधोगं च।	Amlapitta - Acidity	Langhana, Tikta Dravyas
Shwasa (Asthma, COPD)	Nija	5 types: Maha, Tamaka, Kshudra, etc.	श्वासस्तु वातमूलत्वान्मारुतानिल संभवः॥	Tamaka Shwasa - Bronchial asthma	Swedana, Nasya, Dhoomapana
Kasa (Cough & Respiratory Disorders)	Nija	5 types: Dosha-based	कासः पञ्चविधः प्रोक्तो वातपित्तकफात्मजः॥	Kasa - Cough	Kantahara, Pranavaha Shodhana
Unmada (Psychiatric Disorders)	Nija, Agantuja	Vata, Pitta, Kapha, Manovaha Srotas dushti	चित्तं दोषैर्विलुप्यते तस्मात् उन्मादः॥	Unmada - Insanity	Sattvavajaya, Panchakarman

Key Viva Questions

1. Explain the **Vyadhi Classification** (Nija vs Agantuja).
2. What is **Kayachikitsa** and its importance in Ayurveda?
3. Explain the role of **Agni** in digestion and metabolism.
4. What is **Tridosha** and its clinical significance?
5. Differentiate between **Jwara** and **Atisara**.
6. What are the causes and treatment of **Grahani Dosha**?
7. Describe **Prameha types** and their relevance to diabetes.
8. What is the significance of **Ojas in Rajayakshma**?
9. Define and explain the **types of Hridroga**.
10. What is **Tamaka Shwasa**, and how is it different from other types?
11. What is the role of **Panchakarma** in **Vatarakta (Gout)**?
12. How is **Raktamokshana** useful in **Kushtha Chikitsa**?

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