

SYLLABUS OF DIPLOMA IN ILAJ-BIL-TADBEER TECHNICIAN

First year

- i. Mubadiyat-e- Tib(Basic Principles of Unani Medicine) wa Tahaffuzi Samaji Tib
- ii. Tashreeh wa Manafeul Aza (Anatomy & Physiology)
- iii. Tadabeer Aamal wa Machaniki Hayatiyat
- iv. Usoole Tashkhees (Principals of Diagnosis)
- v. Science (Biology, Chemistry, Physics)/Arabic

Second Year

- i. Ilaj Bil Tadbeer Umoomi
- ii. Ilaj Bil Tadbeer Khusoosi
- iii. Amraze Nizami Badil Ki Tadbeeri Ilaj
- iv. Usoole Ilaj

First Year

Paper I – Mubadiyat-e-Tib wa Tahaffuzi Samaji Tib

PART A

Mubadiyat-e-Tib

- a) Introduction of Unani Medicines, Definition of Tib, its aims and objectives.
- b) History of Ilaj-bil-Tadabeer.
- c) Introduction in of different subjects of Tib.
- d) Definition of Tabiyat and Umoor-e-Tabiyah.
- e) Definition of Arkaan, Number (Different theories and Mizaj of Arkaan).
- f) Mizaj-Definition, types and Importance Imzajah Asnan, Aqaalim.
- g) Akhlat-Definition, types, Khilt-e-Safra, Balgham, Dam, Sauda, Importance.
- h) An Introduction of Aza, types, Importance.
- i) Introduction of Arwah, types, Importance.
- j) Introduction of Quwa, types, Importance.
- k) Introduction of Afal, types, Importance.
- l) Introduction of Usool-e-Ilaj.
- m) Brief introduction of tools for diagnosis.

PART B

Tahaffuzi Samaji Tib

- a) Sehat (Health): Definition, aims & objectives and guidelines for health, Shakhshi Hifzane Sehat (Personal Hygiene) and Sehaate Aamma (Public Health) Detailed discussion of Asbaabe sitta zarooriya (Six essentials of life).
- b) Tabae Mahaul (Physical Environment)
- c) Sehat par Mausam ke Asraat aur Awarizaat (Effects & complications of seasons on Health):
- d) Indifae Fuzlaat (Disposal of Waste):
- e) Ghiza wa Taghzia (Food and Nutrition): Definition, importance of Diet, classification of Diet according to the source, Dietary constituents and functions. Calories of various Diets, Daily requirements of Diet in various age groups Balanced Diet. Vitamins
- f) Naqse taghzia (Malnutrition) and Diet related diseases and their preventive measures Tasammume ghizae (Food Poisoning)
- g) Amale Talqeeh (Vaccination): Definition, types of Vaccines, advantages and disadvantages of vaccines, details of available vaccines, naqshae tamnee (Immunization Schedule).

- h) Sehate Aamma (Public Health): Tash'heer (Notification), Methods of Propaganda of Public Health issues and its importance, Medical examination of Students and Health related guidelines. Prevention of health at village level.
- i) Tibbi indirajat (Demography):Mardum Shumari (Census), Sharahe Paida'ish (Birth rate) and Sharahe Amwaat (Death rate) etc.
- j) Sehati (Health) Programmes:Primary Health Centers (PHC), Amla Ata Declaration "Health for al by 2000 AD"

Paper II - Tashreeh wa Manafeul Aza (Anatomy & Physiology)

PART A **Tashreehul Badan (Anatomy)**

1. Tashreehul Badan ka ta'aruf (Introduction of Anatomy):
 - a. Nizame Jismani ka mukhtasar ta' aruf (A brief description of all systems of the body).
 - b. Tashreehi waz'a wa Muta'alliqa istilahat (Anatomical position and related terminologies).
 - c. Jild aur us ke zawa'id (Skin and its appendages).
 - d. Lafaif-e-satahiya wa ghaairah (Superficial and deep Fasciae).
 - e. Autar, Ribatat aur Akyase zulaliya (Tendon, Ligaments & Bursae).
2. Izaam (Bones): Aqsaam, af'aal wa ta'azzum (Types, functions and ossification).
3. Azlaat (Muscles): Aqsaam wa af'aal (Types and functions).
4. Mafasil (Joints): Aqsaam wa harakat (Types and movements).
5. Nizam-e-urooqi wa dam (Blood Vascular System).
6. Nizam-e-limphavia (Lymphatic System).
7. Nizam-e-asab wa Hawas-e-Makhsoosah (Nervous System & Special Senses).
8. Nizam-e-tanaffus (Respiratory System).
9. Nizam-e-Hazam (Digestive System).
10. Nizam-e-bol-o-Tanasul (Urogenital System).
11. Nizam-e-La' Qanatiyah (Endocrine System).

Juze Amali (Practicals)

- A) Identification and description of all anatomical structures
 - a. The learning of Anatomy is by demonstration only through models, charts, etc.
 - b. Demonstration of (upper extremity, lower extremity, thoracic &
 - c. Abdominal viscera, face and brain).
 - d. Demonstration of skeleton- articulated and disarticulated.
 - e. During the training more emphasis will be given on the study of bones, muscles,
 - f. joints, nerve supply of the limbs and arteries of limbs.
 - g. Surface anatomy: -surface land mark-bony, muscular and ligamentous.
 - h. -surface anatomy of major nerves, arteries of the limbs.
 - i. Points of palpation of nerves and arteries
- B) Record book has to be maintained by the students.

PART – B
Munafe ul Aaza (Physiology)

1. Munafeul Aaza ki Tareef (Definition of Physiology)
2. Tamheed wa Istilahat (Introduction & Terminologies of Physiology)
3. Brief discription of Khaliya (Cell), Ansija, Tareef and Aqsaam (Tissues, definition & types)
4. Dam (Blood):
Nizame Tauleede Dam (Haemopoietic System), Definition, Functions, Dam ka Hujam (Blood volume), Dam ke Ajzae tarkeebi (composition of blood) & Nizame Lymnphawiya (Lymphatic System), Blood-Rh-A B O system & mismatch, transfusion, Plasma Proteins, RBCs, WBCs, Platelets & their functions, Coagulation, some disorders of blood.
5. Nizame Hazm (Digestive System): Nizame Hazm ke sakhte aur afaal, (Structure and function of Digestive system).
6. Nizame Daurane Dam (Blood Circulatory System):, Qalb ki Sakhte aur afaal (structure and function of Heart), Nabz (pulse and pulse rate): Fisharuddam (blood pressure).
7. Nizame tanaffus (respiratory system): Introduction of the various respiratory organs, Functions of respiratory system, Respiratory rate, dyspnoea, anoxia, apnoea, hypercapnoea.
8. Nizame ikhraje baul (Excretory system): structure and functions of kidney, formation of urine, composition of urine, baul kay tabaee wa ghair tabaee ajza ka mutala (study of normal and abnormal constituents of urine), ikhraaje baul ka amal [tabawwul] (micturition).
9. Jild (skin): Jild ki saakht (structure of skin), jild kay af' aal (functions of skin),
10. Nizame tauleed wa tanasul (reproductive system): Male reproductive system and Female Reproduction .
11. Nizame assab (nervous system): Nizame asbi ke aam usool (general principles of nervous system),
 - a. synapses-structure, properties & transmission
 - b. Reflexes –classification & properties
 - c. Sensory & Motor Tracts-effect of transection
 - d. Physiology of Touch, Pain, Temperature & Proprioception
 - e. Physiology of Muscle Tone
 - f. Azae Hawase khaassa (special sensory organs): Zaiqua (taste), Basarat (vision), Sama'at (hearing), Sha'mma (smell), Lams (touch) and sensory organs.

12. Endocrine System: Secretion- regulation & function of Pituitary, thyroid, adrenal, parathyroid, pancreas.
13. Temperature Regulation: circulation of the skin, body fluid, electrolyte balance, Role of hypothalamus in temperature regulation.
 - a. **Exercise Physiology:** Effects of acute & chronic exercises, Effects of exercise on muscle strength, power, endurance, B.M.R., Training-fatigue & recovery, Fitness-related to age, gender & body type

Juze Amali (Practicals)

Estimate of Haemoglobin, R.B.C., W.B.C., TLC, DLC, ESR count.

Blood indices, Blood grouping, Bleeding & Clotting time. estimation of blood sugar. Urine examination (examination & estimation of sugar, albumin, acetone, bile salts and bile pigments in the urine).

qalbi barq nigari (ECG),Ala zughtuddam ka Istamal (the use of sphygmomanometer),

Paper III - Tadabeer Aamal wa Machaniki Hayatiyat

1. Scope of Ilaj bil tadbeer.
2. General description of Biomechanics and its scope
3. Fundamentals of biomechanics: Basic mechanical concepts, Types of Motion, Location of Motion, Direction of Motion, Magnitude of Motion, Definition of Forces, Force of Gravity, Reaction forces, Equilibrium, Objects in Motion, Force of friction, Work, Force components, Equilibrium of levers
4. Application of biomechanics in strength and conditioning
5. Mechanics of musculoskeletal system
 - a. Biomechanics of upper and lower limb
 - b. Biomechanics of walking and running
 - c. Assessment and correction of limb biomechanics
6. Analysis of Posture and Gait: Static and dynamic posture, postural control, kinetics and kinematics of posture, ideal posture analysis of posture, effects of posture on age, pregnancy, occupation and recreation;
7. Introduction to Exercise Therapy: Introduction, Effects of therapeutic exercise, Types of skeletal muscle fibers (Type I & Type II)
8. Types of muscular contraction: Isotonic, Isometric, Concentric, Eccentric
9. Group muscle action: Agonist, Antagonist, Neutralizer, Stabilizer or Fixator
10. Range of muscle work: Full range, Inner range, Middle range, Outer range
11. General principles of massage treatment. Physiological effects of massage, Classification of manipulations-stroking, pressure, percussion and shaking, effects and uses of different manipulations and their contraindications.
12. Methods of Testing
 - a. Functional tests
 - b. ROM-Definition, Normal ROM for all peripheral joints & spine
 - c. Goniometer-parts, types, principles, uses., Limitations of goniometry,
 - d. Techniques for measurement of ROM for all peripheral joints
 - e. Tests for neuromuscular efficiency -
 - f. Tests for sensation
 - g. Measurement of Limb Length: true limb length, apparent limb and segmental limb length
 - h. Measurement of the angle of Pelvic Inclination

Paper IV - Usoole Tashkhees wa Ilaj (Principles of Diagnosis and Treatment)

1. Tashkhees ki Gharz-o-Ghaiyat
2. Aam Istifasarat (General Interrogation)
3. Rudad-e-Mareez: Present complaints, History of present illness, Past History, Family History Personal History, Treatment History
4. Umoomi Imtehan-e-Mareez (General examination)
 - (a) General appearance, (b) Mental and Emotional states, (c) Attitude, Postures, gaits and analysis of different movements (d) Pulse, (h) Respiration (i) Temperature (j) Blood Pressure (a) Clinical Symptoms and signs of different systems (c) Investigations (d) Recent diagnostic techniques.
5. Physical Examination of the Musculoskeletal System
6. Physical Examination of the Musculoskeletal System
7. Nabz (Pulse):
 - (a) Ta'reef, Dekhne ke tareeqe aur sharai't, Nabz par umoomi tabsira, (Definition, method & precautions to be observed in the examination of the pulse,)
 - (b) Ajnase Nabz aur Unka Ijmali Bayan, Nabze mufrad ke aqsaam mai ta'raefat, (Types of Simple Pulse, Types and Definition of compound pulse) Nabze murakkab ki aqsaam Asbabe nabz (factors involving in the formation of pulse)
8. Baul (Urine)
 - (a) Conditions of urine examination, examination of urine , physical, chemical and microscopic examination of Urine)
9. Baraz (Stool)
 - (a) Aqsaam (Types), Mahmood wa ghair mahmood (Normal and abnormal)

Juze Amali (Practicals)

The students of Diploma Ilaj Bil Tadbeer 1 year will be posted at the IPD unit for receiving practical training.

Paper V - ARABIC

PART A

1. Kalimah (word) and its kinds, Ism (Noun), Fael (Verb), Harf (Particle)
2. Kalam (Sentence) and its kinds
3. Kalame Tam (Complete Sentence): Jumlah Faeliyah (Verbal Sentence)
4. Kalame Naqis (Incomplete Sentence) Murakkabe Ishari (Directive construction), Murakkabe zaifi (Possession construction),
5. Kinds of Ism (Noun) according to Tareef (Definite Noun) Tankeer (Indefinite Noun)
6. Isme Marifah (Definite Noun) ,and its kinds with the mention of Muaraf bil lam (Noun with definite article) (with explanation of Hurufe Shamsiyyah and Qamariyyah)
7. Ierab (Defining Inflection Sign): Definition and Division: Ierab bil huroof (by letters) and Ierab bil Harkat (by signs)
8. Fael (Verb) and its kinds according to Zamanah (Tense): Mazi (past), Hal (Present) and Mustaqbil (Future)
9. Fael Sulaasi Mujarrad (Triliteral Primitive) and its Abwab (Sections)
10. Gardaan (Conjugation) of Mazi Past tense) and Seghi (Moods)
11. Gardaan (Conjugation) of Muzdare (Aorist) and Seghi (Moods)
12. Division of Maazi (Past) and Muzare (Aorist) according to Marif (Active) and Majhool (Passive)
13. Gardaan (Conjugation) of Faele Amr wa Nahi (Imperative and Prohibitive Verbs)
14. Division of Ism (Noun): Isme Jaamid (Infinitive Noun), Masder (Origin/Source), Mushtaq (Derivative), Isme Fa'el (Active Participle Noun), Isme Maf'ool (Passive Participle Noun), Isme Zarf (Noun of place) and Isme Tafzeel (Comparative and Superlative Noun)
15. Marfual (Nominative cases), Mansubat (Accusative cases) and Majrooat (Genetive cases)
16. Dama'ar Marfooah wa Majrurah wa Mansubah (Pronouns in Nominative, Accusative and Genetive cases) Asmai Isharahjat (Demonstrative Pronoun) Asmai Istifham (Interrogative Pronouns), Mawsulat (Relative Pronouns)

PART B

17. Arabi Tibi Istilahat (Arabic Medical Terms) and their uses in sentences

Second Year

Paper VI – Ilaj Bil Tadbeer Umoomi

1. Asbab Sittah Zarooriyah—(Six Essential Factors):
2. Tadabeer Mahual wa Hawa-e Muheet (Environmental Regimes):
 - a. Aab-o-Hawa (Climate): Classification, Effects of different climates on the body
 - i. Rutoobat (Humidity), Yaboosat (Dryness), Buroodat (Coldness), Hararat (Hotness) and their effects on human body
3. Mausam (Season): Effects of seasons on the body, Diseases specially associated with the seasons, Clothing.
4. Khusoosiyat-e Sehat Mand Hawa (Properties of the healthy air)
5. Takaddur-e Hawa (Air pollution): Pollutants, Natural sources, Major primary pollutants produced by human activity, effects on Health, Air born diseases,
6. Tadabeer-e Ghiza: Makool wa Mashroob (Food and Drinks):
 - a. Makool (Food): General description of Ghiza (food) and its classification based on digestion, chyme, nutrients, and functions. Classification of food based on dieto-therapy.
 - b. Sources of food, their functions and their role in maintaining the health
 - c. Cooked and uncooked food and their properties
7. Mashroob (Drinks): General description of Mashroob (drinks), their sources, functions and uses.
 - a. Al-Maa (Water) its uses, good quality water, dietary sources of water and recommendation.
 - b. Water contamination, its principle sources, its contaminants, diseases caused by water pollution, its preventive measures and therapeutic value.
 - c. Importance of milk (Laban/Sheer/Doodh), Honey (Asal-un-Nahl/Shahad), Vinegar (Khall/Sirka) and Wine / Alcoholic beverages (Khamr/Sharab)
8. Mutawazin Ghiza (Balanced Diet): General description of balanced diet its recommendations for healthy/diseased persons
 - a. Taqleel-e Ghiza: Indication, contraindication, advantages
 - b. Takseer-e Ghiza: Indication, contraindication, advantages
 - c. Tark-e Ghiza: Indication, contraindication, advantages
9. Tadabeer-e Harkat wa Sukune Badani (Regimen for Physical or bodily movement and repose)
10. Harkat-e Badani (Physical or Bodily movement):

- a. Physical Fitness- Basics of the physical fitness, Daily workout schedule, Fitness Formula, Riyazat (Exercises) in different Seasons, Effects of exercise, Exercise programs at home & office, Riyazat (Exercise) for daily fitness, Riyazat (Exercises) for a healthy back, Exercise during pregnancy.
11. Sukun-e Badani (Repose): Need and importance of rest for maintaining and restoring health.
 - a. Tadabeer-e Harkat wa Sukun Nafsani: (Regimen for Mental or psychic movement and repose)
12. Harkate Nafsani (Mental or psychic movement)
13. Sukune Nafsani (Repose)
14. Naum wa-Yaqzah (Sleep & wakefulness)
15. Naum (Sleep): Polysomnography, Science Wakes Up to Sleep Disorders, Sleep disorders (Hypersomnia, Insomnia), Snoring, Specific sleep therapies in various disorders
16. Yaqzah (Awakeness): Effects of prolonged awakeness, General recommendations to treat insomnia, Psychological therapies
17. Tadabeere Ihtibas wa Istifragh (Retention and Evacuation)
18. Al-Ihtibas (Retention): General consideration of Ahtibas and its scope
19. Al-Istifragh (Evacuation):
20. General description of Asbabe Ghair Zarooriyah
 - a. Tadabeer-e Naumaulood wa Atfaal (Regimens for neonates and infants)
 - b. Tadabeer-e Hamla (Regimens for pregnant)
 - c. Tadabeer-e Raza'at (Breast feeding and top feeding regimens)
 - d. Tadabeer-e Mashaikh (Regimens for the elderly)
 - e. Tadabeer-e Asnan i.e. (Regimens for different age groups)

Paper VII – Ilaj Bil Tadbeer Khusoosi

1. Usoole Istifragh wa Tanqiya: General consideration of Istifragh, its scope and types, detailed description of Nuzj wa Tanqiya.
2. Qai (Emesis), Introduction, Definition, aims and objectives, Drugs used for Qai, Indications and contraindications, awqat, Qai ke bad Munasib Tadabeer, Qai ke Aaraz aur unka Ilaj, Kasrate Qai ke Nuqsanat, Therapeutic efficacy of vomiting, vomiting in various systemic diseases, Pharmacology of emetics.
3. Is'haal (Purgation) Introduction, Definitions, Principles, Classification, Indications and contraindications, Drugs used for purgation, Ayyam wa Awqat (preferred days and timings) Tadbeer Daurane Mus'hil, Mus'hil ke bad Aab wa Ghiza, Tabreed, Is'haal for prevention of disease and promotion of health, Therapeutic efficacy of purgation and pharmacology of purgatives.
4. Huqna (Enema): Definition, principles, aims, Objectives, Classification, Procedure, Drugs used in Huqna, Indications and contraindications
5. Tanfees (Expectoration), Definition, principles, aims, Objectives, Procedure, Drugs used in Tanfees, Indications and contraindications
6. Idrar-e Baul wa Haiz : Introduction , Definitions, Scopes and objectives, Indications and contraindications, Drugs used for Idrar/ diuretic drugs, Diuresis in hepatorenal diseases, urolithiasis, hypertensions, abnormalities related to micturition and their management, Catheterization, Bladder care in bed ridden patients.
7. Tareeq (Diaphoresis / Sweating): Definition, aims and scopes, Methods and Procedures, Indications and contraindications, adverse effects of Tareeq
8. Fasd-al-Wareed (Phlebotomy or Venesection), Fasd-ash-Sharyan (Arteriotomy)—
 - a. Procedure of blood-letting, Definition, Sites of Venesection, Description of Vessels of Venesection, Instruments used in Venesection, Pre-Venesection Procedure,
 - b. Investigations like (Hb%, Bleeding Time, Clotting Time, Prothrombin time, platelet count, blood sugar, Blood group with Rh typing),
 - c. precautions & Complications, Indications and Contraindications, Management of Post procedural problems, Waqt (Timings),
 - d. Venesection as a mean of reducing Intela, Effects on circulatory system, Recommendations regarding amount of blood drawn and sites,
 - e. Antiseptic precautions, Management of Hemorrhage and other Complications.
9. Irsale Alaq (Leeching):

- a. History of Leech Therapy, Definition, Description of Leeches, Breeding of leech and domestication, types/ Classification of leech, Zoological description of leech Leech collection, storage and preservation,
 - b. Leeching procedure /application and removal of leech, Precautions, Indications and contraindications,
 - c. Medicinal efficacy of enzymes present in leech saliva, , Leeching and vascular diseases, Threat of disease transmission- HIV, HBV, Complications: Immediate and delayed and its management.
10. Hijamat (Cupping Therapy)—
- a. Early history, Modern cupping, Introduction & Definition, Types of cupping (Hijamat Bish Shart & Bila Shart),
 - b. Sites of application in relation to different diseases and procedures of Hijamat, Indications and contraindications, Timings, Mode of action, Therapeutic effects, Sites to be excluded for wet and dry cupping, Local effects,
 - c. Instruments and their care, Antiseptic precautions, Threat of disease transmission, complications and their management.
11. Dalk (Massage-therapy):
- a. Definition, scopes, Principles and Objectives, Classification (Aqsam) of Dalk,
 - b. specialised Dalk for various muscles, Effects of adjuvant drugs in Dalk, Indications and therapeutic uses, Duration of Dalk, Condition for specific Dalk, Adverse effects / Contraindications, Physiological effects,
 - c. Applied aspects of Dalk, Sequence of Dalk, Therapeutic properties of oils used in massage, Modes of actions and effects,
 - d. Massage in musculoskeletal disease, neurological disease, Rehabilitation therapy, Methods of preparation of important oils used in Dalk
12. Hammam :
- a. Definition, Principles, Objectives, Types of Hammam / Classification, Specifications and properties of Hammam rooms and their importance,
 - b. Therapeutic uses, indications, Contraindications, effects & Adverse effects, Sharaite Hammam (Conditions), modulation and maintenance of Mizaj, Relation of Hammam with Kaifiyate Arba'a and their diseases, Hammam and cutaneous circulation, Effects of Hammam on autonomic nervous system, neuromuscular diseases, Thermo-regulation, body weight & Reflexogenic effect of Hammam , Hammam in Amraze Barida, Rataba and Yabisa.

13. Takmeed (Fomentation)—Definition, types {Takmeed Haar (Hot fomentation), Takmeed Barid (Cold fomentation)}, Indications, Contraindications.
14. Riyazat (Exercise)
 - a. Definition, Aghraz wa Maqasid (Scope and objectives), Principles, types, Scientific interpretation and effects of Riyazat in certain disease like Sports induced diseases,
 - b. Fawaid (Therapeutic importance), indications, Adverse effects, Sharait (Conditions) for general and Organ specific Riyazat, contraindications ,Timings/Duration of exercise,
 - c. Exercise in cardiovascular and neurological diseases, Movements at different joints and their limitation
 - d. Effect of Riyazat on Tabiyat, Hararate Gharizia and Tahallul (dissolution), Eiya (Tiredness) and its management, Traditional methods of Riyazat (exercise), Riyazat (Exercises) in IHD, Hypertension, Obesity, Diabetes and other life style diseases.
15. Amale Kai (Cauterization)
 - a. Introduction, Definition, Aims, Objectives, Procedure, Precautions, Indications and contraindications, Mechanism of action, Kai in Amraze Barida, Amraze Mafasil and modulation of Mizaj, Modern methods of cauterization, post cauterization care of patients.
16. Mutafrariq Tadabeer (Miscellaneous Regimenal Therapies)
 - a. Lakhlakha/Shamoom / Nushooq/ Suoot (Aroma therapy),
 - b. Inkebab (Steam inhalation)
 - c. Ta'tees (Sternutation/Sneezing),
 - d. Eelaam (Counter irritation) Counter-Irritants, Indications for Counter-irritants
 - e. Sukoob/Nutool
 - f. Aabzan
 - g. Pashoya
 - h. Bukhoor / Dhooni

Paper VIII – Amraz-e Nizam-e Badani ka Tadbeeri Ilaj

- Amraz Nizam-e-Dauran-e-Khoon (Diseases of circulatory system)
- Amraz-e-Qalb (Diseases of heart)
- Amraz-e-Urooq-e-Damvia (Diseases of blood vessels)
- Amraz Nizam-e-Tanaffus (Diseases of respiratory system)
- Amraz-e-Riya (Diseases of lungs)
- Amraz Nizam-e-Hazm
- Amraz Nizam-e-Baul wa Tanasul
- Amraz Jild (Skin diseases)
- Amraz Azalat wa Mafasil
 - a. Amraz-e-Mafasil (Joint diseases)
 - b. Amraz-e Azalat (Muscular disease)
- Amraz Nizam-e Asab wa Dimagh
- Amraze Nafsaniya
- Hummiyat (Fevers):
 - a. Hummiyat mein Ghizai Ahkam (Dieto-therapy in fevers)
 - b. Tadabeer-e-Taql-e-Hararat (Regimes for lowering fever)
 - c. Humma-e-Yaum ka Tadbeeri Ilaj (Regimes for Humma-e-Yaum)
 - d. Humma-e-Khilti ka Tadbeeri Ilaj (Regimes for Humma-e-Khilti):
 - e. Humma-e-Diqqi ka Tadbeeri Ilaj (Regimes for Humma-e-Diqqi)
 - f. Tadabeer-e-Mashaikh (Geriatric Care):
 - g. Mashaikh mein Ahkam-e-Ghiza, Ahkam-e-Riyazat, Dalk wa Deegar Tadabeer (Massage therapy and other regimes)
- Tadabeer in Metabolic diseases
- Miscellaneous Diseases:
 - a. Daa-ul Feel, Dawali, Daa-us Sadaf, Faliye Nisfi, Faliye Asfal, Waja-ul Mafasil, Waja-uz Zahr, Siman-e Mufrit, Ziqht-ud Dam Qawi, Sahar, Ra'sha, post Stroke rehabilitation, Suda, Bars, cervical spondylitis, lumbar spondylitis, frozen shoulder, muscular dystrophy, chronic non-healing ulcer, Qabz, Shaqeeqa, Deep vein thrombosis, varicose ulcer, Waja-ul Asab, Irq-un Nasa, mayopathy, spinal cord disease, neurodegenerative disease, and life style disease Anxiety, Depression.

Juze Amali (Practicals)

- Day to day work: Skills in Out Patients and ward work should be assessed periodically. The assessment should include the candidate's sincerity & punctuality, analytical ability and communication skill.
- Practical Training: Deploma final year students should be posted in regimenal and physiotherapy units of the hospital for the practical training of various procedures and techniques.
- Clinical and procedural: The candidate should be given graded responsibility to enable learning by apprenticeship.
- Particulars are recorded by the students in the log book.

Paper IX – Usool-e-Ilaj

1. Ilaj ke Kulli Tareeqe
2. Ilaj Bit Tadabeer wa Giza, Ilaj Bid Dawa, Ilaj Bil Yad
3. Auram kaUsool-e Ilaj
4. Amraaze sue Mizaj ka Usoole Ilaaj, sue mizaj saada ka usool eilaaj, Tadeel wa tabdeele mizaj,
5. Istifraghe madda, istifragh ke ahkaam, usool wa sharait, aghraaz wa maqasid,
6. Is'hal ke ahkam, Usool wa sharait, aghraz wa maqasid wa mawaniat.
7. Qai ke Ahkam: Usool wa sharait, aghraz wa maqasid wa mawaniat.
8. Tareeq: Usool wa sharait, aghraz wa maqasid wa mawaniat.
9. Tanfees: Usool wa sharait, aghraz wa maqasid wa mawaniat
10. Imala wa juzbe Mawad: Usool wa sharait, aghraz wa maqasid wa mawaniat,
11. Auraam ka usoole Ilaaj: Auraame Harrah, Auraame bareeda, Aurame hadda , Aurame muzminah, Aurame tahabbujiya, Aurame sulba,
12. Musakkinat:- Darde umoomi wa maqmi aur munawwimat,(Alangesics: Local and general and hypnotics)
13. Takmeed, Nutool, Tila Zimad, Mufatteh Sudad.(Fomentation, Irrigation, liniment, paste and deobstruants)
14. Principle and methods of microbial control
15. Sterilization: dry heat, moist heat, chemicals and radiation.
16. Disinfection physical, natural gases, chemicals used and preparation of lotions
17. Chemotherapy and antibiotics
18. Medical and surgical asepsis, cross-infection
19. Control of spread of infection
20. Pasteurization
21. Bio-safety and waste management.

Juze Amali (Practicals)

- a. Scrubbing- hand washing
 - b. Gowning
 - c. Gloving
 - d. Positioning of patient for various ilaj bitadbeer procedures.
22. Preparation of equipment & Supplies
- a. Cleaning
 - b. Packing
 - c. Sterilization
 - d. Needles.