

**CENTRAL COUNCIL OF INDIAN MEDICINE**  
**NEW DELHI**

**SYLLABUS OF**  
**AMRAZ-E-JILD WA TAZEENIYAT**

**KAMIL-E-TIB-O- JARAHAT (BUMS)**



# SYLLABUS OF AMRAZ-E-JILD WA TAZEENIYAT

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## 1. Skin Diseases

- Brief anatomy, physiology of skin.
- Types of skin and its variants.
- Common signs and symptoms of skin diseases.
- Skin lesions and its classification
  - Zarar-e-Ibtedayi (Primary lesions)
  - Zarar-e- Sanvi (Secondary lesions)
  - Zarar-e- Makhsoosa (Special lesions)
  - Basoor aur uski aqsaam
- Basic principle of treatment of skin diseases.
- Tadabeer of skin diseases.
- Drugs used in skin diseases and cosmetology.
- Brief introduction of medical emergencies in dermatology and life threatening skin disorders.
- Causes, pathogenesis, clinical features, diagnosis and management of following disease:
- Muta'ddi amraz (Infectious diseases)
  - Viral diseases: Hasba (Measles), Humaiqa (Chicken pox / Varicella), Judri (Small Pox), Namla aur uski aqsaam (Herpes and its types)
  - Bacterial diseases: Juzam (Hansen's disease), Aatishak (Syphilis), Impetigo, Diqq-ul-jild (TB of Skin), Surkhbada (Erysipelas), Shab chiragh (Carbuncle).
  - Fungal infection: qooba (Dermatophytosis) aur uski aqsaam, Candidiasis
  - Parasitic infection: Jarb (Scabies) aur uski aqsaam, Jildi kalazar (Cutaneous Leishmaniasis), irq-e-madni (Dracunculiasis medinensis), Daa-ul-Feel (Elephantiasis).
- Non infectious disorders
  - Basoor-e-labniya (Acne )
  - Naar-e-farsi (Eczema)
  - Iltehab-e-Jild (Dermatitis) and its types

- Iltehab-e-urooq (Vasculitis)
- Hikka (Pruritis)
- Shira'a (Urticaria)
- Banaat-ul-Lail
- Hazaz-e-musattah (Lichen planus)
- Daa-us-sadaf (Psoriasis)
- Naffata (Pemphigus) aur uski aqam
- Systemic Lupus Erythematosus (SLE)
- Bad-e-shanam (Acne Rosacea)
- Disorders of pigmentation
  - Fasad-e- laun
  - Bars (Vitiligo) aur uski aqam
  - Bahaq (Pityriasis) aur uski aqam
  - Kalaf (Melasma/Cholasma)
  - Barsh (Freckles)
  - Namash (Nevus) aur uski aqsaam
- Abnormal growth of skin
  - Sa'leel (Warts)
  - Sal,aat (Tumors)
  - Sartan-e-jild aur uski aqam (Melanoma, Basal Cell Carcinoma, Squamous cell carcinoma)
- Others:
  - Hasaf (Miliaria)
  - Kasrat-e-arq (Hyperhydrosis)
  - Qillat-e-Arq (Anhydrosis)
  - Arq-e-muntin (Dracantiasis)
  - Dubaila/ Khuraj(Abscess)
  - Dawali (Varicose Vein)
  - Maraz-e-Husaaf (Pellagra)
  - Phrynoderma

## **2. Diseases of Hair:**

- Types and Variation of hair and its normal cycle.
- Intishar-e-sha'r (Hair Fall)
- Da-us-salab & Da-ul-haiya
- Saa'fa
- Sal'a (Baldness)
- Shaib (Premature Graying of Hair)
- Bafa (Seborrhoea of Scalp)
- Namoosat
- Quml o sibyan (Pediculosis)

## **3. Diseases of the Nail**

- Abnormal Nail Presentations and its examination
- Zufra-e-Talqiya (Onychomycosis)
- Iltehab-e-azfaar /Daakhis (Paronychia)
- Ingrowing nails

## **4. Tazeeniyat (Cosmetology)**

- Tazeeniyat ka umoomi Bayan (General Description of Cosmetology)
- Jild ka taghziya wa tahaffuz (Nutrition and Care of Skin Health)
- Azfar ka Taghziya wa Tahaffuz (Nutrition and Care of Nails)
- Baalon ka taghziya wa tahaffuz (Nutrition and Care of Hairs)
- Skin ageing and anti-ageing measures
- Aftab ki shu,aon ke asraat aur us se hifazat ke tareeqe (Effect of sun exposure on skin and its protection)
- Khushboo'at wa mane-aat-e-badboo (Perfumes/Deodorants)
- Bleaching and waxing
- Zeenat-e-jild ke liye umoomi Tadabeer:
  - Hammam & Ghasool
  - Riyazat-e-wajh
  - Inkibab, Zimad, Tila, Ghaza, Ghaliya, Ubtan, , Missi, Naura (Hair remover), Rooshoya (Face wash), Qashoor (Scrub) Barud, Hina.
  - Surma, kajal, Mascara.

- Chehre ki nigahdasht ki unani tadabeer
- Halq-ul-wajh (Facial Epilation), Shaqq-ul-sha'r (Splitting of Hair)
- Ilaj bil shamoom, Itr (Aromatherapy)
- Taghseel (Spa therapy)
- Mane shikan Tadabeer (Anti-wrinkle Procedures)
- Talawwun-e-sha'r (Herbal Hair Dyes)
- Baalon ki zeenat se mutalliq tadabeer (daraz banana, ghunghrale banana, seedha karna, ugana etc.)
- Tazheel wa Tasmeeen
- Washam (Tattooing)

### **Investigations:**

Wood lamp examination, Diascopy, KOH-Mount test, Culture & sensitivity test, Skin biopsy, Allergens test (patch test, prick test etc.), Lepromin test, Cytological test, Immunological test, Immunoflorescence, ELISA, Tzank smear.

### **Procedures:**

Examination of lesions by magnifying & Electro magnifying lenses, Photo/UV Therapy, Microscopy, Preparation of Slit Smear.

## **Juz-e-Amli (Practical)**

100 marks

The practical/ Clinical Training of the subject shall be conducted in hospital which includes OPD/IPD duties, Ward rounds, Clinical demonstration.

The minimum hours of teaching should not be less than 100 hours. Audio-visual should be utilized for teaching purpose and at least one seminar should be conducted once in a month.

## **Reccomended list of Text Books**

- Alqanoon fil-Tib: Ibn-e-Sina
- Kitab-ul-Mansoori: Zakariya Razi
- Alhawi Fit-Tib: Zakariya Razi
- Zakheera Khawarizm Shahi: Ismail Jurjani
- Kamil-us-Sana'a: Ali Ibn-e-Abbas Majoosi
- Sharh-e-asbab : Allama Kabeeruddin
- Text Book of Dermatology: Pasricha
- Text Book of Dermatology: Bhutani
- Skin Disease: Diagnosis and Treatment: Habif & Dinulos
- Dermatology and sexually transmitted diseases: Neena Khanna