



# MANGALORE UNIVERSITY

## Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

### YSS503A MODERN APPROACH OF HEALTH SYSTEM

#### Learning 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.

#### Learning 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 12 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 were 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. 12 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. 12 Hrs**

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

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