

**CERTIFICATE COURSE IN
THERAPY ASSISTANT IN RERIMENTAL CURE-UNAN
(6 MONTHS+3 MONTHS INTERNSHIP)**



**STATE BOARD OF TECHNICAL EDUCATION & TRAINING
SANKETHIKA VIDYA BHAVAN, MASAB TANK,
TELANGANA, Hyderabad**

Therapy Assistant course in Regimenal Therapy

SUB CODE	NAME OF THE SUECT	HOURS/WEEK		TOTAL PERIODS PER ANNUM	SCHEME OF EXAMINATION			
		Theory	Practicals		Duration Hours	Sessional Marks	End Exam Marks	Total Marks
RC-101	Basic Anatomy & Physiology of Human body	03	--	50	02	--	100	100
RC-102	Basic Principles of Unani and Procedure in Regimenal Therapy	03	--	50	02	--	100	100
RC-103	Main Massage Therapies (Practical)		06	75	02	40	60	100
	TOTAL	06	06	175	06	40	260	300

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RC-101-Paper 1: Basic Anatomy & Physiology of Human body (Theory)

1. The Skeletal System & Muscular System
2. The nervous System & Sensory System
3. Circulatory and Lymphatic System
4. The Respiratory System
5. The Excretory System
6. The Endocrine System

RC-101-Paper 2: Basic Principles of Unani and Procedure in Regimenal Therapy (Theory)

1. Basic Anatomy and Physiology of musculoskeletal system with respect of massage, hijama, leech therapy and diathermy.
2. Knowledge of massage points, introduction and history of massage, identification and contraindications.
3. Definition of nutool procedure, types of nutool, indications and contraindications of nutool.
4. Knowledge of Regimenal therapies, equipment/instruments and its methods of using like massage table, hamam rooms, sitz bath, steam bath, pashoya (foot bath), inhalation instruments, vaporizer, nebulizer, cupping therapy instruments, venesection instruments, enema kit, cautery machine, abzan tube.
5. Brief Introduction of ilaj bit tadbeer and history and major Regimenal therapies, equipment needed for procedures, indications and contraindications
 - a. Hijama (cupping)
 - b. Leech therapy (hirudotherapy)
 - c. All types of hamam (bath) example Turkish sitz bath, foot bath, steam bath, medicinal bath
 - d. Takmeed (fomentation)
 - e. Hugna (enema)
6. Introduction and preparation methods of post procedural dietary regimen.

RC-101-Paper 3: Main Massage Therapies (Practical)

1. Fomentation, Steam bath, Nasal drops
2. Dietary understanding of preparation of intervention for proper execution of procedures
3. Knowledge of sterilization of Regimenal therapy equipment and instruments and theaters
4. Knowledge of requisite arrangement of Regimenal therapy procedures and theaters
5. Identification of raw drugs used in Regimenal therapy procedures
6. Hijma (cupping)