

Third
Edition

Manipal Prep Manual of Medicine

As per CBME Guidelines |
Competency Based Undergraduate
Curriculum for the Indian Medical Graduate

Manthappa M



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Manthappa M

MBBS, MD (Internal Medicine)

Associate Professor

Department of Medicine

JSS Medical College

JSS Academy of Higher Education and Research

Mysuru, Karnataka

Former Associate Professor, Department of Medicine

Kasturba Medical College, Manipal University (now MAHE)

Manipal, Karnataka

Email: manthappa@yahoo.com



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Corporate Office: 204 FIE, Industrial Area, Patparganj, New Delhi-110092

Ph: +91-11-49344934; Fax: +91-11-49344935; Website: www.cbspd.com; www.eduport-global.com;

E-mail: eresources@cbspd.com; marketing@eduport-global.com

Head Office: CBS PLAZA, 4819/XI Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi-110002, India.

Ph: +91-11-23289259, 23266861, 23266867; Fax: 011-23243014; Website: www.cbspd.com; E-mail:

publishing@cbspd.com; eduportglobal@gmail.com.

Branches

- **Bengaluru:** Seema House 2975, 17th Cross, K.R. Road, Banasankari 2nd Stage, Bengaluru -560070,
Karnataka Ph: +91-80-26771678/79; Fax: +91-80-26771680; E-mail: bangalore@cbspd.com
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Ph: +91-484-4059061-65; Fax: +91-484-4059065; E-mail: kochi@cbspd.com
- **Mumbai:** 83-C, 1st floor, Dr. E. Moses Road, Worli, Mumbai -400018, Maharashtra
Ph: +91-22-24902340 -41; Fax: +91-22-24902342; E-mail: mumbai@cbspd.com
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to

my brother MK Swamy

and

my daughter Prathiksha

Foreword to the Third Edition

It is always a pleasure to write the Foreword to the book authored by Dr Manthappa. The 3rd edition of *Manipal Prep Manual of Medicine* by this author is another laudable attempt by him to enable the medical students and practitioners to update themselves to the current knowledge of clinical medicine.

The current digital era has made the knowledge resource easily available. The medical students and professionals have difficulty in selecting the correct source and they get drowned in information floods through internet. The present scenario of knowledge search is totally different and demands regular net connectivity and cannot be accessible by all. It is becoming difficult to choose the right kind of information from right source. Clinical medicine is always interesting and sometimes challenging. The revised textbooks of medicine will remain the most useful, needed component of effective learning especially when it is blended with case-based learning and associated with problem solving modules. Medical education is going through significant changes. The currently revised national education policy and competency based medical education will be a testing time for teachers as well as students. The technological advances in medicine and diagnostic laboratory assistance are engulfing the clinical medicine and making the present-day clinicians to go for shortcut in data analysis and may mislead sometimes. Careful understanding of the current developments in the field of medicine has become a necessity now than ever before. The author has made adequate and sincere efforts in meeting the current day needs of the students. All the chapters have been thoroughly revised and latest developments in the field of medicine have been included. The book looks up-to-date and takes care of the competency based medical education, which is very much required for the present batches of students. The author has made good efforts in adding more pictures and illustrations to enable quick and effective learning. This book provides sufficient information and useful knowledge for the beginners. This manual will be very useful for students of health sciences and paramedical courses.

I compliment the author for his sincere efforts, and I wish him and the publishers a great success.

Dr H Basavana Gowdappa MD

Professor of Medicine and Principal

JSS Medical College

Dean, Faculty of Medicine

JSS Academy of Higher Education and Research

Mysuru, India

Foreword to the First Edition

It is my pleasure to write the Foreword to this book. Medical textbooks have increased in their size due to explosion in medical knowledge over the last few decades. Advancement in technology and understanding of microbes, cellular and subcellular structures and functions have made practice of medicine highly complicated. However, for effective grooming of a basic medical doctor essential requirement is through understanding of concepts and scientific approach. This book has effectively filled the gap between the standard textbooks and actual requirement of the medical student. Narrative style is unique, very simple and easy to grasp. Each chapter has received utmost attention and the concepts are conveyed very clearly. Like other books by Dr Manthappa, this book also stands out of its objective to the point approach and clarity.

Though there are many books on medicine for undergraduates, very few of them are good to read and understand from the student's perspective. *Manipal Prep Manual of Medicine* is one of those few books which are easy to read and understand and provide actionable information in concise form to the student preparing for the exam and start his practice. Medicine is an ever-changing subject and any book is incomplete without the most recent information. Here, in this book, the author has included the most recent information to make it up-to-date.

I congratulate the author for writing this wonderful book and I am sure that medical students will benefit from this book immensely.

Dr Raviraja V Acharya MD, DNB (Internal Medicine)
Professor of Medicine and Unit Head
Kasturba Medical College
Manipal Academy of Higher Education and Research
Manipal, India

Special thanks to

- Dr H Basavana Gowdappa, Professor of Medicine and Principal, JSS Medical College, JSSAHER, Mysuru, for writing the Foreword to the third edition and also giving creative suggestions to improve the book.
- Dr Raviraja V Acharya, Professor of Medicine, Kasturba Medical College, Manipal, MAHE, who was an inspiration to write the first edition and also wrote Foreword to the first edition.
- Dr Karthik Rau, consultant physician, Department of Medicine, Kasturba Medical College, Manipal, Manipal University, for suggesting many changes and helping me in improving the third edition.

Preface to the Third Edition

I am very happy to place before you the third edition of *Manipal Prep Manual of Medicine*. There was an overwhelming response to the first and second editions of this book because medical students liked the simple, compact, and lucid presentation of the subject. The third edition has been revised thoroughly to make the book up-to-date. Each and every paragraph of the third edition has been given full attention and many new pictures have been added. Many new topics as specified in the CBME (competency based medical education) syllabus have been incorporated in this book. The presentation of subject matter in this book is very simple and easy to grasp without any scope for confusion.

I have noticed that, to get clarity on some topics, medical students have to refer multiple textbooks or other sources of medical literature because no single book is perfect in all the aspects. For example, definition of a disease may be good in one book, clinical features in another book. It is very difficult for medical students to refer multiple books on all the occasions due to lack of time and huge medical syllabus. I have referred several standard medical textbooks and recent medical literature while writing this book so that up-to-date information with maximum clarity is available to you.

This book is not a substitute for standard medicine textbooks. It has been written with the intention of helping the students grasp the subject matter easily and provide for the actual requirements of students. Read this book at least twice before your exams. Higher the number of revisions, the better it is. Remember that intelligence and memory are not the same. A genius can have poor memory, and an idiot can have photographic memory. Albert Einstein was a genius but had poor memory. So even if you are very intelligent, it does not mean that you always have good memory. Good memory depends on the number of revisions, and the trick is to revise the subject matter more times, to remember better.

The purpose of the book is served if it makes you a better student and a better doctor by making you more knowledgeable. Write to me if you have any queries or suggestions to improve the book. I have provided my email address below. Wish you happy reading and happy learning.

Manthappa M MBBS, MD (Internal Medicine)
Email: manthappa@yahoo.com

Preface to the First Edition

The idea of writing this book came to me because I felt the need for a book which would be simple and yet not miss out any important information. This is what I have maintained throughout this book, matter is very simple and easy to grasp without any scope for confusion.

I have referred several standard medical textbooks and other medical resources while writing this book so that the best information with maximum points is made available to you. I have also included line diagrams wherever necessary which can be easily reproduced by the reader.

This book is not a substitute for standard textbooks on medicine. It has been written with the idea of helping the students grasp the subject matter easily and provide the actual requirements of a student. Read this book at least twice before your examinations. Higher the number of revisions, the better it is. Remember that intelligence and memory are not the same. A genius can have poor memory and an idiot can have photographic memory. Albert Einstein was a genius but had poor memory. So even if you are very intelligent, it does not mean that you always have good memory. Good memory depends on the number of revisions and the trick is to revise the subject matter several times to remember the facts better.

The purpose of the book is served if it makes you a better student and a better doctor by making you more knowledgeable. If you have any queries or suggestions to improve the book, I would appreciate your writing to me at my email id. All the best and happy reading.

Manthappa M

Email: manthappa@yahoo.com

Contents

<i>Foreword to the Third Edition</i> by Dr H Basavana Gowdappa	vii
<i>Foreword to the First Edition</i> by Dr Raviraja V Acharya	ix
<i>Preface to the Third Edition</i>	xi
<i>Preface to the First Edition</i>	xiii
1. Infectious Diseases	1
2. Diseases of Respiratory System	98
3. Diseases of Cardiovascular System	148
4. Gastrointestinal System	249
5. Diseases of Nervous System	298
6. Diseases of Blood	375
7. Diseases of Liver and Biliary System	433
8. Diseases of Kidney and Urinary Tract	474
9. Endocrinology and Diabetes Mellitus	501
10. Diseases of Immune System, Connective Tissue, and Joints	544
11. Nutritional Disorders	572
12. Psychiatric Disorders	585
13. Fluid and Electrolyte Disorders	598
14. Oncology	608
15. Genetic Disorders	620
16. Diseases of the Skin	631
17. Poisoning, Venomous Bites and Environmental Diseases	645
18. Emergency Medicine and Critical Care	668
19. Case Scenario Based Discussion	677
20. Role of Physician in the Community, Medicolegal and Ethical Issues in Health Care	694
<i>Index</i>	705