

# Kundu's Practical Medicine

- A concise, lucid and updated book on practical part of medicine in easily comprehensible language with a unique narrative style
- A handy monograph on clinical medicine which includes history taking, symptomatology, general survey and systemic examination
- A book which mimics a clinical teacher to prime students before entering in medicine wards
- Student-friendly, exam-oriented and easy-to-use outline presentation of clinical methods in a question-answer format
- A book with plenty of clinical photographs, tables, charts, line drawings and bulleted lists for quick reference to increase the clinical skills



**Arup Kumar Kundu** MD, FICP, MNAS has been working as an internist for more than 30 years and is renowned for his sharp clinical acumen, analytical approach and clarity of expression. He is vibrant and innovative in his field, and is famous for his academic achievements, clinical skills and exemplary personality. He has been awarded gold medal during his postgraduation by University of Calcutta. He has been teaching medicine to both the undergraduate and postgraduate students, and has been examiner in different Indian universities.

Dr Kundu has authored five other indispensable books on clinical medicine. He is known as a dedicated teacher with exceptional pedagogical skills. He is a gifted orator and has been invited as speaker / faculty in different state, national and international symposia / seminars / conferences. He is credited with more than 120 indexed publications in peer-reviewed medical journals and has written many chapters in different national and international books of repute. During his long journey, he got immense respect and regards, profound admiration and love from innumerable students as well as countless patients.

He, a student-friendly compassionate healer, is well-known all over the country for his proficiency as a brilliant academician, eminent clinician, renowned author, luminous visionary and an illustrious teacher in medicine.



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4819/XI, Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India  
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Kundu's  
Practical Medicine

## Kundu's

# Practical Medicine

*An overview of physical examination*

As per CBME Curriculum



**Arup Kumar Kundu**



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# Practical Medicine

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### Other Books/Chapters by the Same Author

- *Bedside Clinics in Medicine, Part I* (8th Ed), 2019 (Aug)
- *Bedside Clinics in Medicine, Part II* (7th Ed), 2020 (Mar)
- *Pearls in Medicine for Students* (2nd Ed), 2016 (Jan)
- *Clinical Medicine at a Glance* (1st Ed), 2022 (Jan)
- *MCQs in Internal Medicine* (6th Ed), 2022 (Mar)

### Chapters in:

- *API Textbook of Medicine*, 8th Ed, 2008
- *Postgraduate Medicine*, 2009
- *Rheumatology: Principles and Practice*, 2010
- *Medicine Update: 2010-15*, 2017, 2018, 2021
- *Progress in Medicine*, 2016, 2019, 2020, 2022
- *Manual of Rheumatology: 5th Ed*, 2018 & *6th Ed*, 2022 (in Press)
- Online Appendix of "Kumar & Clark's" textbook, *Clinical Medicine*, 6-10th Ed

### Biography (Author)

Included in *Marquis Who's Who in the World* 2014, 2015, 2016  
*Who's Who in Science and Engineering* 2016-17, and  
Wikipedia & WikiVisually

### Fellow/Member of

- Fellow, Indian College of Physicians (India)
- Member, New York Academy of Sciences (USA)
- Member, International Advisory Panel of "Kumar & Clark's" textbook, *Clinical Medicine*, 7th-10th Ed (Edinburgh)
- Life-member, Association of Physicians of India (API)
- Life-member, Indian Rheumatology Association (IRA)
- Life-member, Indian Medical Association (IMA)

**Kundu's**

# Practical Medicine

*An overview of physical examination*

**Arup Kumar Kundu** MD, FICP, MNAS

Ex-Visiting Faculty and Consultant Rheumatologist  
IQ City Medical College  
West Bengal, India

*Formerly*

Professor of Medicine and  
In-charge, Division of Rheumatology  
NRS MC, KPC MC, IQ City MC, and  
RG Kar Medical College, West Bengal, India

and

Thirty years of teaching experience in Govt and private medical colleges  
UG and PG examiner in West Bengal and different Indian universities  
Immediate past-Chairman, IRA, West Bengal branch, India  
Biography included in Marquis Who's Who in the World 2014, 2015, 2016  
Member, IAP of "Kumar & Clark's" Textbook, 'Clinical Medicine', 7th-10th Ed  
Mentor and Instructional Coach, pan-India for teaching in MBBS, MD, DNB

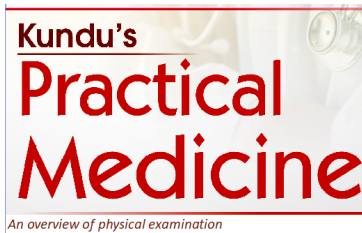


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Ph: 011-23289259, 23266861, 23266867

Website: [www.cbspd.com](http://www.cbspd.com)

Fax: 011-23243014

e-mail: [delhi@cbspd.com](mailto:delhi@cbspd.com);  
[cbspubs@airtelmail.in](mailto:cbspubs@airtelmail.in).

*Corporate Office:* 204 FIE, Industrial Area, Patparganj, Delhi 110 092

Ph: 011-4934 4934

Fax: 011-4934 4935

e-mail: [publishing@cbspd.com](mailto:publishing@cbspd.com); [publicity@cbspd.com](mailto:publicity@cbspd.com)

#### Branches

- **Bengaluru:** Seema House 2975, 17th Cross, KR Road, Banasankari 2nd Stage, Bengaluru 560 070, Karnataka, India  
Ph: +91-80-26771678/79 Fax: +91-80-26771680 e-mail: [bangalore@cbspd.com](mailto:bangalore@cbspd.com)
- **Chennai:** 7, Subbaraya Street, Shenoy Nagar, Chennai 600 030, Tamil Nadu, India  
Ph: +91-44-26680620, 26681266 Fax: +91-44-42032115 e-mail: [chennai@cbspd.com](mailto:chennai@cbspd.com)
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Ph: +91-484-4059061-65,67 Fax: +91-484-4059065 e-mail: [kochi@cbspd.com](mailto:kochi@cbspd.com)
- **Kolkata:** 147, Hind Ceramics Compound, 1st Floor, Nilgunj Road, Belghoria, Kolkata-700056, West Bengal, India  
Ph: +033-25633055, 033-25633056 e-mail: [kolkata@cbspd.com](mailto:kolkata@cbspd.com)
- **Lucknow:** Basement, Khushnuma Complex, 7 Meerabai Marg (Behind Jawahar Bhawan), Lucknow-226001, UP, India  
Ph: +0522-4000032 e-mail: [tiwari.lucknow@cbspd.com](mailto:tiwari.lucknow@cbspd.com)
- **Mumbai:** PWD Shed, Gala no 25/26, Ramchandra Bhatt Marg, Next to JJ Hospital Gate no. 2, Opp. Union Bank of India, Noorbaug, Mumbai-400009, Maharashtra, India  
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*to*

*My wife Bijoya*

for being tolerant, supportive and bearing with my shortcomings all through life, and it is she who always comforts and consoles but never complains or interferes, and

*All the students*

generations of medical students past, present and future, for their constant inspiration to fulfil my irresistible desire for gaining and sharing knowledge

“The good physician treats the disease;  
the great physician treats the patient who has the disease”

—Sir William Osler (1849–1919)

Canadian physician, Professor of Medicine (Oxford, UK), author, educator, historian and bibliophile who is one of the greatest icons of modern medicine

## Preface

The title of the book, henceforth, has been changed to *Kundu's Practical Medicine*. The present title will have an impact on the medical students for better understanding of the practical part of medicine. It is to re-orient the students to identify the basic message of the monograph, that is, to depict the real situations and events present in the text, rather than just ideas and theories. This part of medical science, a simplified approach to practical medicine, is to be practised by a doctor throughout his life.

The intention of writing *Kundu's Practical Medicine* is to groom and prime young medical students from their earlier days in undergraduate curriculum. Teaching a large number of students for more than 30 years made me realise the need for such a kind of book which is lucid, concise, updated and student-friendly. The skill of communication, clinical examination, objective assessment and planning of treatment can only be gained by learning and practice. This book is full of clinical methods and truly exam-oriented. It is a book for quick review and to achieve a basic grip on the practical part of medicine. This book attempts to present all clinical topics required for a modern, clinical curriculum with easy access to major clinical information for medical students.

Though there is a tremendous change in medical practice with a battery of investigations entering into the medical field in every moment, we cannot ignore the importance of face-to-face consultation as well as examination of the patient. One should appreciate that the improved technologies like internet, fax, e-mail, digitalisation, spiral CT scanning, or wireless capsule endoscopy, can never be a substitute for clinically examining a patient which is known as "Practical Medicine".

I expect that the unique narrative style of the book will allay apprehension of the students for the subject of medicine. I presume that this book will help the students to make their eyes 'watchful', ears 'alert', fingers 'tactful', while making the mind 'logical'.

The book contains more than 200 very lively and appealing clinical photographs, multiple tables and charts, line drawings and bulleted lists for quick reference to increase the clinical skills. I think, the present monograph will help the young medical students, dental students, nurses, and a range of other healthcare professionals, while the clinical tutors will find it a helpful source for learning and teaching.

This work would not have been possible without the constant encouragement of my family members, especially to speak of my son Dr Abhishek, wife Bijoya, and my daughter Ushasi, which ultimately made this book a reality. I acknowledge the sincere help extended by Dr Krishnendu Dey who has given some clinical photographs for the book and Mr Ramkrishna Sharma for preparing the colour atlases. I also record my appreciation to Mr Satish Kumar Jain, Chairman and Managing Director, and Mr Varun Jain, Director, CBS Publishers & Distributors for publishing and distributing





the book to the students all over India and abroad. Mr YN Arjuna, Senior Vice President (Publishing Editorial and Publicity), CBS Publishers & Distributors, needs special mention for his cooperation to bring out this book in an engrossing look.

Healthy suggestions and constructive criticism from students, teachers, or any thoughtful reader through e-mail to me or the publisher will be received with gratitude.

Dear students, I wish you the very best in your new adventure.

**Arup Kumar Kundu**

*[arup2158@gmail.com](mailto:arup2158@gmail.com)*

*[arup\\_kundu@hotmail.com](mailto:arup_kundu@hotmail.com)*

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