

7. SWASTHAVRITTA

PAPER I VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA

Marks 100

1. Concept of holistic health according to Ayurveda.
2. Spectrum of health, Iceberg phenomenon of diseases, dimensions of health.
3. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
4. Probable Physiologic effect of Dinacharya procedures.
5. Ratricharya – Bhavamishra and other classics.
6. Day and night pattern in various countries.
7. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, BhelaSamhita and Bhavamishra.
8. Ritus prevalent in various Indian states.
9. Ritu pattern in various countries of the world.
10. Shodhana Schedule for Ritusandhis.
11. Concept of Vegas, types and the physiology behind each vega and vegadharana.
12. Ahara – Classical food items in Charaka, Sushruta, Vagbhata and Sharangadhara.
13. Aharavargas and comparison with todays' food items.
14. Staple diet of various States of India.
15. Staple diet of various countries in correlation with their climate.
16. Principles of dietetics. Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers.
17. Food intervention in malnutrition, under nutrition and over nutrition.
18. Rules of food intake according to Charaka, Sushruta and Vagbhata.
19. Pros and Cons of vegetarian and Non vegetarian foods.
20. Viruddhahara – Classical and modern day examples.
21. Sadvritta – Compare Charaka, Sushruta and Vagbhata .
22. Prajnaparadha – Causes, Effects and solution.
23. AcharaRasayana, Nityarasayana.
24. Rasayana procedures for Swastha
25. Vajeekarana for Swastha.
26. Mental Health and the role of Ayurveda in it.
27. Vyadhikshamatva – Modern and Ayurvedic concepts.
28. Principles of Health Education.
29. Genetics in Ayurveda and Modern Science

PAPER II SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)

Marks 100

1. Concept of community health.
2. Concept of Prevention according to Ayurveda.
3. Concept of prevention according to Modern medicine. Levels of prevention. Stages of intervention.
4. Web of causation of diseases, Multifactorial causation.
5. Natural History of diseases.
6. Ecology and community health.
7. Disinfection practices for the community – Modern and Ayurvedic.
8. Immunization programmes. Possible contribution of Ayurveda.
9. Environment and community health (Bhumi, Jala, Vayu, Shuddhikarana ,Prakasha,Shabda, Vikirana)
10. Housing –W.H.O Standards. Design of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
11. Disposal of Wastes- Refuse, Sewage. Methods of Sewage disposal in sewerred and unsewerred areas.
12. Occupational Health. Ergonomics. Role of Ayurveda in ESI.
13. Medical Entomology– Arthropods of Medical Importance and their control measures.

14. Knowledge of parasites in relation to communicable diseases.
15. School Health Services and possible contribution of Ayurveda.
16. Demography and Family Planning.
17. Family Welfare Programme and the role of Ayurveda in it.
18. Old age problems in community. Role of Ayurveda in Geriatrics.
19. Care of the disabled.
20. Life Style disorders (Non Communicable diseases) in community and the role of Ayurveda in them.
21. Health tourism. Ayurvedic Resort Management- Panchakarma and allied procedures.
22. Medical Sociology.

PAPER III SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYAPRASHASANAM

Marks 100

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadodhwamsa.
3. Epidemiology of different Communicable diseases in detail.
4. General investigations for Communicable diseases
5. Sexually Transmitted Diseases and their control
6. Ayurvedic view of Samkramaka Rogas.
7. Investigation of an Epidemic
8. Control of Epidemics.
9. Host Defenses.
10. Ayurvedic methods of Vyadhikshamatva.
11. Health advice to travelers.
12. Hospital, Isolation ward and bio medical waste management
13. National Health Programmes. Contribution of Ayurveda in National Health Programmes.
14. Health administration under Ministry of H & FWD
15. AYUSH , NRHM, NUHM administration, functions and programmes.
16. National and International Health Agencies and their current activities.
17. Disaster management
18. Statistics related with Infectious diseases at International, National and State levels
19. Vital Statistics

PAPER IV YOGA AND NISARGOPACHARA

Marks 100

1. History and evolution of Yoga
2. Different Schools of Yoga
3. Rajayoga -(Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
4. Hathayoga - according to Hathayogapradeepika, GherandaSamhita and Shivsanhita.
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
7. Physiological effect of Yoga on Body and mind – Ancient and modern concepts.
8. Concept of Sthula, Sukshma and Karana Shariras
9. Concept of Panchakoshas
10. Concept of Shad chakras and Kundalini
11. Shad Kriyas and their therapeutic effects.
12. Therapeutic effect of yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Piles, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Head Ache, Juvenile Delinquency, Mental retardation, Depression, Neurosis, Sexual Dysfunction, Uterine Disorders, Cancer.

13. Yoga in Ayurveda –Concept of moksha,Tools for Moksha,Naishthikichikitsa, TatvaSmriti, Satyabudhhi, yoginamBalamAishwaram (charakaSamhitaSharirasthana chapter 1 & 5)
14. History of Nisargopachara.
15. Basic Principles of Western School of Nature Cure
16. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic utility.
17. Different types of Massage and their therapeutic effects
18. Concepts of Acupuncture and Acupressure.
19. Principles of Chromotherapy and Magnetotherapy

Scheme of Practicals

1.Health promotive and protective practices of Dinacharya procedures viz. Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana, Abhyanga, Udvartana

2) Practical Demonstration of Yoga

a) Aasanas (24)

- 1) Swastikasan
- 2) Gomukhasan,
- 3) Sarpasan,
- 4) Kukuttasan,
- 5) Uttankurmasan,
- 6) Dhanurasan,
- 7) Matsyendrasan,
- 8) Mayurasan,
- 9) Bhadrasan,
- 10)Sinhasan,
- 11)Sarvangasan,
- 12)Shirshasan,
- 13)Pavanmuktasan,
- 14)Bhujangasan,
- 15)SuptaVajrasan,
- 16)Chakrasan,
- 17)Siddhasan,
- 18)Padmasan,
- 19)Veerasan,
- 20)Paschimatanasan,
- 21)Vajrasan,
- 22) Shivasan,
- 23)Makarasan,
- Suryanamaskara

b) Pranayama

- 1) Nadishudhhi- AnulomVilomPranayam,
- 2) Suryabhedani,
- 3) Ujjayi,
- 4) Bhasrika,
- 5) Bhramari,
- 6) Sheetali,
- 7) Sitkari

c) Mudra

1) Viparita karani

- 2) Yoga Mudra
- 3) Maha Mudra
- 4) brahma Mudra
- 5) Ashwini mudra

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d) Bandha

1) Jalandhara, uddiyana, mula bandha

e) Shuddhikriya – JalaNeti, Sutra Neti, JalaDhauti, Kapalbhathi, Tratak Basti, Nauli, vastra dhauti (if possible)

3) Practical Demonstration of Naturopathy procedures

a. MruttikaSnana

b. Mruttika Patti

c. Pada and Hasta Snana

d. Bashpasnana (Steam bath)

e. Awagahana (Immersion bath)

f. prishtasnana (Spinal bath)

g. Katisnana (Hip bath)

h. Alternate hot and cold bath

i. Observe Jacuzzi and whirlpool bath at available places.

4) Long case sheets for Pathya, Apathya, Aushadhi (if needed), Yoga and Nisargopachara advice to

a) Non communicable diseases 20

b) Communicable diseases 10

c) Garbhini Paricharya 10

d) Mal Nutrition treatment cases 10

e) Case studies of Immunization cases 10

iv) Departmental Practicals

1) Dantadhawana - 2

2) Anjana - 2

3) Nasya - 2

4) Gandusha- 2

5) Kavala- 2

6) Dhoompana – DhumavartiNirmana - 2

5) Educational Visits-

The brief report of each visit (Minimum 10 compulsory) should be written by student in a journal (Duly signed by Guide and HOD)

1) Water Purification Centre,

2) Milk Dairy,

3) Industry,

4) Leprosy Centre,

5) T.B. Centre,

6) Yoga Centre,

7) Naturopathy Centre,

8) Primary Health Center

9) Disposal of Waste Unit,

10) Sewage Disposal Unit ,

11) Hospital Disinfections,

12) Govt. Psychiatric Hospital

13) Isolation Hospital

14) A.R.T. Centre

15) Food and Drug Administration Centre

16) District /Civil Hospital

7) Field Work

a) Active Participation in Various National Health Programmes

b) Community Health Survey

c) School Health Check-up (minimum 100 students)

8. Departmental duties : Regular Attendance as-

Duty in OPD and IPD with regard to Pathyapathya, Yoga and Nisargopachar.

1. Museum Development
2. Yoga training for self Swastha and patients.
3. Departmental Seminars
4. Research Journal /Article Reviews
5. Submit minimum 2 papers in any publications.
6. Practical knowledge of AharaDravya&Adulteration of Food
7. Proper planning, beginning ,completion of Thesis work under the guides
8. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
9. Daily diary- Log book

Format of Practical / Oral Examination

Sr.No.	Heading of Practicals	Marks
1	Daily work book-Log book	10
2	Case Record Sheets	20
3	One Long Case (Pathya-Apathya advice)	20
4	Two Short Cases(10X2) (Yoga and naturopathy advice each)	20
5	Spotting on Instrument/Equipment/ Medicine/Solve a Problem-(10 Spots x2)	20
6	Thesis Presentation	50
7	Viva Voce	60
	Total	200

Reference Books:-

- 1) Relevant portions of Charak, Sushruta, Vagbhata (AshtangHrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan&Yogaratnakara, Bhela Samhita with the respective commentaries
- 1) SwasthavrittaSamuchaya -VaidyaPtRajesvarDuttaShastri
- 2) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 3) PrakritikaChikitsa -Kedarnath Gupta
- 4) Reddy's Comprehensive Guide to Swasthavritta -Dr.P.Sudhakar Reddy
- 5) SwasthaVigyan - Dr.MukundswaroopVerma
- 6) Ayurvediya Hitopdesh - Vd.RanjitRai Desai
- 7) Yoga and Ayurveda - Dr.Rajkumar Jain
- 8) SwasthvrittaVigyan - Dr.Ramharsha Singh.
- 9) Swasthvrittam - Dr.BramhanandTripathi
- 10) AyurvediyaSwasthvrittam - Vd.Jalukar
- 11) HathayogPradipika - SwatmaramYogendra (Kaivalyadhama)
- 12)YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
- 13)YogikChikitsa - ShriKedarnath Gupta
- 14)PrakrutikChikitsaVigyan - Verma
- 15)Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 16)Swasthvritta - Dr.Shivkumar Gaud
- 17) Health and Familywelfare - T.L.Devraj
- 18)SachitraYogasanDarshika - Dr.IndramohanJha
- 19)Preventive and Social medicine - J.K.Park
- 20)Yogadeepika - Shri. B.K.S. Iyengar
- 21) Swasthavritta - Vd.Sakad
- 22)Positive Health - Dr.L.P.Gupta
- 23) Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
- 24) Yoga and Yogikchikitsa - Ramharsha Singh
- 25) The Foundation of Contemporary Yoga - R.H.Singh
- 26)YogasidhantaevumSadhna - H.S.Datar

- 27) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
28) Prakritik Chikitsa Vidhi - Sharan Prasad
29) Text book of Swasthavritta - Dr. Ranade, Dr. Bobade, Dr. Deshpande
30) Gherand Samhita
31) Bio-Statistics - B.K. Mahajan
32) Swasthavrittavidnyan - Dr. Mangala Gauri
33) Community Medicine - Baride and Kulkarni.
34) Light on Yoga - Shri. B.K.S. Iyengar
35) Light on Pranayama - Shri. B.K.S. Iyengar
36) Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
37) Shiva samhita – Kaivalyadhama
38) Gheranda samhita – Kaivalyadhama
39) Swasthavritta vigyan – Vd. Patrikar Vijay
40) Swasthavritta – Vd. Yashwant Patil and Vd. Vhawal
41) Food and nutrition – Swaminathan
42) Preventive and Social Medicine – Mahajan
42) Preventive and Social Medicine – B.N. Ghosh
43) Preventive and Social Medicine – Gupta
44) Yoga and Nisargopachar- Vd. Prama Joshi

Syllabus prepared by

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