

SWASTHAVRITTA

SYLLABUS

Sl no	Topic	Domain	Time
1.	1.Introduction Definition of swastha&swasthya and swasthavritta. Arogyalakshana, swasthavrittaprayojanam, WHO definition of health. Dimensions of health-Physical,Mental,Social. Concept of wellbeing- objective, subjective, standard of living, quality of life.	Must know	5 hrs
2.	2. Dinacharya 1. Definition of Dinacharya. 2. Aims and importance of dinacharya. 3. Brahma MuhurtaevamUtthana. 4. UshaJalapana. 5. Sharirachinta. 6. Malatyaga. 7. Mukhaprakshalan. 8. Dantadhavana and preparation of Ayurvedic tooth powder and paste. 9. Jihvanirlekhanavidhi. 10. Anjana. 11. PratimarshaNasya. 12. Gandusha and Kavala 13. Tambulasevana 14. Dhoomapana 15. Abhyanga 16. Udvartana 17. Utsadana 18. Vyayama 19. Chankramana 20. Snana 21. Anulepana 22. Vastradharana 23. Dandadharana 24. Padatradharana 25. Chatradharana 26. Ushnishadharana 27. Ratnabharanadharana 28. Madhyahnacharya 29. Cosmetic effect of Dinacharya procedures	Must know	5hrs

3.	3.Rathricharya 1. Sandhyacharya. 2. Rathribhojanavidhi. 3. Shayanavidhi according to Bhavamishra.	Must know	3hrs
4.	4.Ritucharya 1. Importance of ritucharya. 2. Ritu presentation as per different acharyas . 3. Adana kala&visargakala. 4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu. 5. Doshashodhana in RituCharya. 6. Relation of Agni bala and Ritu. 7. Pathya and ApathyaAhara and Vihara in different ritus. 8. <ol style="list-style-type: none"> 1. Ritusandhi 2. Yamadamsthra 3. Rituharitaki 4. Rituviaryaya 	Must know	5hrs
5.	Sadvritta Description of Sadvritta and AcharaRasayana their role in Prevention and control of diseases.	Nice to know	5hrs
6.	Trayopastambha (i)Ahara Nirukti, Swarupa, Pramukhatva, AharadravyaVargikaranam, Aharavidhividhana, Dwadashashanapravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Aharadushparinama&tajjanyavyadhaya, SantarpanajanyaevamApatarpanajanyavyadhi, Viruddhahara and its effects, Shadrasabhojanasyamahatwam. Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda,	Must know	5hrs

	<p>Nityasevaneeyadravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga - Dhanyavarga(Cereals and millets), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Tailavarga(Fats and Oils), Ikshuvarga& Madhya varga(Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Masala and vyanjanadravyas (Spices & Condiments), Kritannavarga(Prepared Food), Mamsavarga (Meat types).</p> <p><u>Food hygiene</u> Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk. Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene. Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non- vegetarian diet, Effects of spices and condiments Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.</p>		
7.	<p>(ii)Nidra</p> <p>Nirukti and Utpatti, Types , Nidra – Swasthyasambandha, Properties of YuktaNidra, Effects of RatriJagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.</p>	Desirable to Know	5hrs
8.	<p>(iii) Brahmacharya</p> <p>Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajjkarana, Viryanasaphala.</p>	Nice to know	2hrs
9.	<p>Roganutpadaniya</p> <p>Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.</p>	Must to know	5hrs
10.	<p>Rasayana for Swastha</p> <p>Nirukti, paribhasha(definition), classification and examples.</p>	Nice to know	5hrs
11.	<p>Ashtaninditapurusha Menstrual hygiene</p>	Desirable to Know	5hrs

YOGA

Sl no	Topic	domain	time
12.	<p>Introduction</p> <p>Yoga shabdautpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyogasyamahatvamYogabhyasapratibhandhaka&siddhikarabhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa</p>	Must to know	8hrs
13.	<p>Panchakosha Theory</p>	Nice to know	2hrs
14.	<p>Astanga yoga</p> <p>Yama, Niyama Asana and its importance <u>Standing Postures</u> Ardhakatichakrasana, Padahastasana, Ardchhakrasana, Trikonasana. <u>Sitting postures</u> Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana. <u>Supine Postures</u> Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana,Setubandhasana. <u>Prone postures</u> Bhujangasana, Shalbhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.</p>	must to know	8hrs
15.	<p>Pranayama</p> <p>Benefits of pranayama, time of practice, avara-pravara-madhyamalakshana, yukta-ayuktalakshana NadishudhiPranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika,</p>	Must to know	6hrs

	BhramariMurcha, Plavini. Nadishudhilakshana		
16.	Shatkarma Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati	Nice to know	4hrs
17.	Bandhas and Mudras	Desirable to Know	2hrs
18.	Shad chakras, Ida-pingala-sushumnanadis.	Must to know	4hrs
19.	Pratyahara, Dharana, Dhyana, Samadhi	Nice to know	4hrs
20.	Description of Yoga in Ayurveda Moksha and Muktatmalakshana and upaya, Naishthikichikitsa, Satyabuddhi, Tatvasmriti, AshtaAishwarya, Ashta siddhis.	Nice	4hrs

NISARGOPACHARA (Prakritikachikitsa)

	Topic	Domain	Time
21.	Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era.	Must know	2hrs
22.	Jalachikitsa(hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.	Nice to know	2hrs
23.	Mrittikachikitsa (Mud therapy) - Types of soil, doctrine of mud selection, mud bath.	Desirable to Know	2hrs

24.	Suryakiranasevana (sun bath - heliotherapy)	Desirable to Know	2hrs
25.	Mardana (Massage) - different methods and effects.	Desirable to Know	2hrs
26.	Diet types - Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet.	Nice to know	1hrs
27.	Upavasachikitsa(Fasting therapy) - Importance, types, therapeutic effects of fasting. Visramachikitsaupayoga	Nice to know	2hrs

PAPER II – SAMAJIKA SWASTHAVRITTA

PART A 50 marks

	Topic	domain	Time
28.	Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.	Must know	4hrs
29.	Vayu (Air) Vayuguna according to sushrutasamhita, Properties of Vayu as per different directions, Vayushudhiprakara – Ayurvedic aspect. Composition of air. Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort. Air pollution – health and social aspects, Prevention and control of air pollution ,Global warming. Ventilation and its types. Mountain air & High altitude – Health problems	Must know	4hrs
30.	Jala (Ayurvedic and modern aspects) Importance of water , safe and wholesome water, water requirements, properties, types and sources of water, water pollution and health hazards, Methods of water purification. Hardness of Water. Examination, Tests and analysis of water. Rain water harvesting and water recycling.	Must know	4hrs
31.	Bhumi and nivasasthana(Land and housing)		

	Types of soil, soil & health, Land pollution, Bhumishodhana, Nivasayogyabhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.	Nice to know	2hrs
32.	Prakasha(lightning) Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.	Desirable to Know	1hrs
33.	Dhwanipradooshana(Noise pollution) - Noise, Sources, effects, & control	Desirable to Know	1hrs
34.	Vikirana(Radiation) - sources, effects and control	Desirable to Know	1hrs
35.	ApadravyaNirmulana (Disposal of solid waste) Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management	Must know	4hrs
36.	MalanishkasanaVyavastha (Excreta Disposal) Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals	Must know	4hrs
37.	Disposal of dead body - Burial, Burning, Electric cremation.	Desirable to Know	1hrs
38.	Meteorology (RituevamVatavarajanam) Definition of weather and climate, factors influencing weather and climate.	Desirable to Know	1hrs
39.	Disaster management Definition, natural and man-made disasters, epidemiologic surveillance and disease control.	Nice to know	4hrs
40.	Occupational Health Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary measures .	Must know	6hrs
41.	School health services Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment.	Desirable to Know	4hrs
42.	Epidemiology Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological		

	<p>triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, investigation of epidemic.</p> <p>Disinfection – definition, types.</p> <p>Ayurvedic concept of Vyadhikshamatva and sankramakarogas.</p> <p>Epidemiology of communicable Diseases Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis , Leprosy, Rabies , Tetanus, Emerging and re-emerging diseases.</p> <p>Kuprasangajavyadhi (STDs) AIDS, Syphilis, Gonorrhoea, Chancroid</p>	Must know	10hrs
43.	<p>Non-communicable disease epidemiology</p> <p>Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer</p>	Nice to know	6hrs
44.	ChikitsalayaBhavana (Hospital Building)	Desirable to Know	1hrs
45.	<p>Prathamikaswasthyasamrakshana(Primary Health Care) Definition, principle, elements, levels of health care.</p> <p>Structure at village, sub centre, PHC, CHC, Rural hospital levels.</p> <p>Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care.</p>	Must know	7hrs
46.	<p>ParivarakalyanaYojana (Family welfare Programmes – Demography, demographic cycle, life expectancy. Family planning, methods of family planning.</p>	Must know	5hrs
47.	<p>MatrusishukalyanaYojana – MCH programme</p> <p>Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.</p>	Nice to know	5hrs
48.	Preventive geriatrics - Problems of elderly, prevention and control measures.	Desirable to Know	3hrs
49.	World Health Organisation -		

	<p>Objectives,structure and functions. International health agencies - United Nations agencies,Health work of bilateral agencies.</p> <p>Alma Ata declaration</p>	Must know	5hrs
50.	<p>National Health Policy Health statistics - Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics-Morbidity rates,Mortality rates ,Fertility rates. Health survey Swasthyaprashasana(Health Administration) – Health administration at Central including AYUSH, state, district, village levels.</p>	Desirable to Know	7hrs
51.	<p>National health programmes Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI),Diabetes (NDCP), Cancer (NCCP) , Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme. National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.</p>	Desirable to Know	10hrs

CURRICULUM PLANNING

SL.No	Topic	Learning objective	Teaching guideline	Methodology	Time
1.	<p>1.Introduction</p> <p>Definition of swastha&swasthya and swasthavritta. Arogyalakshana, swasthavrittaprayojanam, WHO definition of health. Dimensions of health- Physical,Mental,Social. Concept of wellbeing- objective, subjective, standard of living, quality of life.</p>	Explain and understand various definition of swastha and concept of well being	To cover various Definition of swastha&swasthya and swasthavritta. Understanding of Concept of wellbeing- objective, subjective, standard of living, quality of life.	Didactic, SIS,PBL, tutorial, case presentation	5 hrs
2.	<p>2. Dinacharya</p> <p>30. Definition of Dinacharya. 31. Aims and importance of dinacharya. 32. Brahma MuhurtaevamUtthana. 33. UshaJalapana. 34. Sharirachinta. 35. Malatyaga. 36. Mukhaprakshalan. 37. Dantadhavana and preparation of Ayurvedic tooth powder and paste. 38. Jihvanirlekhanavidhi. 39. Anjana. 40. PratimarshaNasya. 41. Gandusha and Kavala 42. Tambulasevana 43. Dhoomapana 44. Abhyanga 45. Udvardana 46. Utsadana 47. Vyayama 48. Chankramana 49. Snana</p>	Comprehensive knowledge of din charya and understand various aspects of dincharya with regard to modern lifestyle	To cover din charya and understand various aspects of dincharya with regard to modern lifestyle	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion Tutorials Workshop Poster presentation Panel discussion Case presentation	5hrs

	<p>50. Anulepana 51. Vastradharana 52. Dandadharana 53. Padatradharana 54. Chatradharana 55. Ushnishadharana 56. Ratnabharanadharana 57. Madhyahnacharya 58. Cosmetic effect of Dinacharya procedures</p>				
3.	<p>3.Rathricharya</p> <p>4. Sandhya charya. 5. Rathribhojanavidhi. 6. Shayanavidhi according to Bhavamishra.</p>	Discuss and explain rathricharya	To cover Sandhya charya. Rathribhojanavidhi. Shayanavidhi according to Bhavamishra	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion Tutorials Workshop Poster presentation Panel discussion Case presentation	3hrs
4.	<p>4.Ritucharya</p> <p>9. Importance of ritucharya. 10. Ritu presentation as per different acharyas . 11. Adana kala &visarga kala. 12. Sanchaya-Prakopa-Prashamanaof Dosha according to ritu. 13. Doshashodhana in RituCharya. 14. Relation of Agni bala and Ritu. 15. Pathya and ApathyaAhara and Vihara in different ritus. 16.</p>	Comprehensive knowledge of ritucharya and understand various aspects of ritucharya with regard to modern lifestyle	To cover ritucharya and understand various aspects of ritucharya with regard to modern lifestyle	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion Tutorials Workshop Poster presentation Panel discussion Case presentation	5hrs

	<ol style="list-style-type: none"> 1. Ritusandhi 2. Yamadamsthra 3. Rituharitaki 4. Rituviparyaya 				
5.	<p>Sadvritta</p> <p>Description of Sadvritta and AcharaRasayana their role in Prevention and control of diseases</p>	Discuss sadvritta and usefulness in following it	To cover and Discuss sadvritta and usefulness in following it	Role model, role play, SIS	5hrs
6.	<p>Trayopastambha (i)Ahara</p> <p>Nirukti, Swarupa, Pramukhatva, AharadravyaVargikaranam, Aharavidhividhana, Dwadashashanapravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Aharadushparinama&tajjanavyadhaya, SantarpanajanyaevamApatarpanajanyavyadhi, Viruddhahara and its effects, Shadrasabhojanasyamahatwam.</p> <p>Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals.</p> <p>Concept of balanced diet in Ayurveda, Nityasevaneeyadravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga -</p>	Comprehensive knowledge of ahar ,nidra and bramhacharya	To cover various topics under ahar ,nidra and bramhacharya	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion Tutorials Workshop Poster presentation Panel discussion Case presentation	5hrs

	<p>Dhanyavarga(Cereals and millets), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Tailavarga(Fats and Oils), Ikshuvarga& Madhya varga(Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Masala and vyanjanadravyas (Spices & Condiments), Kritannavarga(Prepared Food), Mamsavarga (Meat types).</p> <p><u>Food hygiene</u></p> <p>Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk.</p> <p>Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene. Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non-vegetarian diet, Effects of spices and condiments Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.</p>				
7.	(ii)Nidra	Discuss types and explain	To cover various topics under nidra	Didactic, SIS,PBL,	5hrs

	Nirukti and Utpatti, Types , Nidra – Swasthyasambandha, Properties of YuktaNidra, Effects of RatriJagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.			Group discussion Tutorials Workshop Poster presentation Panel discussion	
8.	(iii) Brahmacharya Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhinyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.	Explain importance off brahmacharya	To cover various topics under Brahmacharya	Role model Didactic SIS PBL	2hrs
9.	Roganutpadaniya Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan	Discuss types and explain Adharaniya Vega and DharaneeyaVega, and comprehensive knowledgeof disease and treatment	To cover Discuss explain Adharaniya Vega and DharaneeyaVega,and comprehensive knowledgeof disease and treatment	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion Tutorials Workshop Poster presentation Panel discussion Case presentation	5hrs
10.	Rasayana for Swastha Nirukti, paribhasha(definition), classification and examples.	Discuss importantance ofRasayana for Swastha	To cover Nirukti, paribhasha(definition), classification and examples.	Didactic, SIS,PBL, Tutorials Workshop Poster presentation Panel discussion Case presentation	5hrs
11.	Ashtaninditapurusha Menstrual hygiene	Explain Ashtaninditapurusha	To coverAshtaninditapurushaand menstrual hygiene	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion	5hrs

				Tutorials Workshop	
12	Introduction Yoga shabdautpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyogasyamahatvamYogabhyasapratibhandhaka&siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa	Explain yoga define, discuss Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyogasyamahatvamYogabhyasapratibhandhaka&siddhikara bhava	To cover Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyogasyamahatvamYogabhyasapratibhandhaka&siddhikara bhava	Didactic SIS PBL Students seminar Teachers seminar Group discussion Tutorial Field visit Workshop Case presentation	8hrs
13	Panchakosha Theory	Explain panchakosh theory	to cover panchakosh theory	Poster presentation Tutorial Didactic	2hrs
14	Astanga yoga Yama, Niyama Asana and its importance <u>Standing Postures</u> Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana. <u>Sitting postures</u> Swasthika, GomukhasanaPadmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhamatsyendrasana, Siddhasana. <u>Supine Postures</u> Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana. <u>Prone postures</u> Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	Explain astang yoga discuss and enumerate its various factors	to cover astang yoga discuss and enumerate its various factors	Didactic SIS PBL Students seminar Teachers seminar Group discussion Tutorial Field visit Workshop Case presentation Role model Role play	8hrs

15	Pranayama Benefits of pranayama, time of practice, avara-pravara-madhyamalakshana, yukta-ayuktalakshana Nadishudhi Pranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, BhramariMurcha, Plavini. Nadishudhilakshana	Comprehend concept of pranayama explain benefits and types	To cover all topics under pranayama	Didactic SIS PBL Students seminar Teachers seminar Group discussion Tutorial Field visit Workshop Case presentation Poster presentation Role model Role play Panel discussion	6hrs
16	Shatkarma Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati	Discuss all six types	To cover and illustrate importance of shatkarma	Field visit Didactic SIS Group discussion workshop	4hrs
17	Bandhas and Mudras	Enumerate and explain bhandha and mudra	To cover all topics	Field visit Didactic SIS Group discussion workshop	2hrs
18	Shad chakras, Ida-pingala-sushumanadis.	Discuss and importance of nadis illustrated	To cover importance of nadis	Field visit Didactic SIS Group discussion workshop	4hrs
19	Pratyahara, Dharana, Dhyana, Samadhi	Comprehensive knowledge of sanyam	To cover Pratyahara, Dharana, Dhyana, Samadhi in detail	Didactic SIS Group discussion Workshop tutorial	4hrs
20	Description of Yoga in Ayurveda Moksha and Muktatmalakshana and upaya, Naishthikichikitsa,	Comprehensive knowledge of Moksha and Muktatmalakshana and upaya, Naishthikichikitsa,	To cover description of yoga	Didactic SIS PBL Panel discussion	4hrs

	Satyabuddhi, Tatvasmriti, AshtaAishwarya, Ashta siddhis.	Satyabuddhi, Tatvasmriti, AshtaAishwarya, Ashta siddhis		Work shop Case presentation	
21	topic	Learning objective	Teaching guideline	methodology	time
22	Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era	To discuss and explain Definition, history, aims and objectives Theories	To cover Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era	Didactic SIS PBL Group discussion Field visit	2hrs
23	Jalachikitsa(hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.	Comprehensive knowledge of jalachikitsa	To cover in detail Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.	Didactic SIS PBL Group discussion Field visit	2hrs
24	Mrittikachikitsa (Mud therapy) - Types of soil, doctrine of mud selection, mud bath	Explain mud therapy	To cover Types of soil, doctrine of mud selection, mud bath	Didactic SIS PBL Group discussion Field visit	2hrs
25	Suryakiranasevana (sun bath - heliotherapy)	Explain sun bath	To cover heliotherapy in detail	Didactic SIS PBL Group discussion Field visit	2hrs
26	Mardana (Massage) - different methods and effects.	Discuss massage	To cover different methods and effects of massage	Didactic SIS PBL Group discussion Field visit	2hrs
27	Diet types - Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet.	Enumerate diet types	To cover- Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet.	Didactic SIS PBL Group discussion Field visit	1hrs
28	Upavasachikitsa(Fasting therapy) -	Explain	To cover Importance,	Didactic	2hrs

	Importance, types, therapeutic effects of fasting. Visramachikitsaupayoga	upavasachikitsa	types, therapeutic effects of fasting.	SIS PBL Group discussion Field visit	
29	Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.	To discuss janapadodhwamsa	To cover Causes, Manifestations and control measures, importance of Panchakarma and Rasayana	Didactic SIS PBL Student seminar Group discussion Tutorial Workshop case presentation	4hrs
30	Vayu (Air) Vayu guna according to sushrutasamhita, Properties of Vayu as per different directions, Vayu shudhiprakara – Ayurvedic aspect. Composition of air. Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort. Air pollution – health and social aspects, Prevention and control of air pollution ,Global warming. Ventilation and its types. Mountain air & High altitude – Health problems	Enumerate air Vayu guna according to sushrutasamhita, Properties of Vayu as per different directions, Vayu shudhiprakara – Ayurvedic aspect.	To cover vayugunacomposition, pollution Prevention and control of air pollution ,Global warming. Ventilation and its types. Mountain air & High altitude – Health problems	Didactic SIS PBL Student seminar Group discussion Tutorial Workshop case presentation	4hrs
31	Jala (Ayurvedic and modern aspects) Importance of water , safe and wholesome water, water requirements, properties, types and sources of water,water pollution and health hazards, Methods of water purification. Hardness of Water. Examination,Tests and analysis of water. Rain water harvesting and water recycling.	Discuss Jala (Ayurvedic and modern aspects)	To cover Importance of water , safe and wholesome water, water requirements, properties, types and sources of water,water pollution and health hazards, Methods of water purification. Hardness of Water. Examination,Tests and analysis of water. Rain water harvesting and water recycling.	Didactic SIS Student seminar Group discussion Tutorial Workshop case presentation	4hrs
32	Bhumi and nivasasthana(Land and housing) Types of soil,soil& health, Land pollution, Bhumi shodhana, Nivasayogyabhoomi, Social goals of housing, Housing standards,	Explain bhumi and nivasasthana	To cover Types of soil,soil& health, Land pollution, Bhumi shodhana, Nivasayogyabhoomi, Social goals of	Didactic SIS Student seminar Group discussion Tutorial	2hrs

	Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.		housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding	Workshop case presentation	
33	Prakasha(lightning) Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting	explainPrakasha(lighting)	To cover Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting	Panel discussion Didactic Role play SIS Poster presentation	1hrs
34	Dhwanipradooshana(Noise pollution) - Noise, Sources, effects, & control	To explain dhwanipradooshan	To cover Noise, Sources, effects, & control	Panel discussion Didactic Role play SIS Poster presentation	1hrs
35	Vikirana(Radiation) - sources, effects and control	To explain vikirana	To cover sources, effects and control	Panel discussion Didactic Role play SIS Poster presentation Group discussion	1hrs
36	ApadravyaNirmulana (Disposal of solid waste) Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management	To explain apadravyanirmulana	To cover Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management	Didactic SIS PBL students seminar Group discussion Tutorial	4hrs
37	MalanishkasanaVyavastha (Excreta Disposal) Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals	To discussMalanishkasanaVyavastha (Excreta Disposal)	To cover Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals	Didactic SIS PBL students seminar Group discussion Tutorial	4hrs
38	Disposal of dead body - Burial, Burning, Electric cremation.	explainDisposal of dead body	To cover Burial, Burning, Electric cremation.	Didactic SIS PBL students seminar Group discussion Tutorial	1hrs

39	<p>Meteorology (RituevamVatavarajanam) Definition of weather and climate, factors influencing weather and climate.</p>	To discuss meteorology	To cover Definition of weather and climate, factors influencing weather and climate.	Didactic SIS PBL students seminar Group discussion Tutorial	1hrs
40	<p>Disaster management Definition, natural and man-made disasters, epidemiologic surveillance and disease control.</p>	Explain disaster management	To cover Definition, natural and man-made disasters, epidemiologic surveillance and disease control.	Didactic SIS PBL students seminar Group discussion Tutorial	4hrs
41	<p>Occupational Health Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary</p>	Discuss and explain Occupational Health	To cover Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary	Didactic SIS PBL students seminar Group discussion Tutorial	6hrs
42	<p>School health services Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment.</p>	Explain school health service	To cover Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment.	Didactic SIS PBL students seminar Group discussion Tutorial	4hrs
43	<p>Epidemiology Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, investigation of epidemic. Disinfection – definition, types. Ayurvedic concept of Vyadhikshamatva and</p>	Discuss and comprehend Epidemiology of communicable Diseases Ayurvedic concept of Vyadhikshamatva and sankramakarogas	To cover Epidemiology of communicable Diseases Ayurvedic concept of Vyadhikshamatva and sankramakarogas	Didactic SIS PBL students seminar Group discussion Tutorial	10hrs

	<p>sankramakarogas.</p> <p>Epidemiology of communicable Diseases Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis , Leprosy, Rabies , Tetanus, Emerging and re-emerging diseases.</p> <p>Kuprasangajavyadhi (STDs) AIDS, Syphilis, Gonorrhoea, Chancroid</p>				
44	<p>Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer</p>	<p>Enumerate Epidemiology of communicable Diseases Ayurvedic concept of Vyadhikshamatva and sankramakarogas</p>	<p>To cover Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer</p>	<p>Didactic SIS PBL students seminar Group discussion Tutorial</p>	6hrs
45	<p>ChikitsalayaBhavana (Hospital Building)</p>	<p>Explain ChikitsalayaBhavana (Hospital Building)</p>	<p>To cover Explain ChikitsalayaBhavana (Hospital Building)</p>	<p>Didactic SIS PBL students seminar Group discussion Tutorial</p>	1hrs
46	<p>Prathamikaswasthyasamrakshana(Primary Health Care) Definition, principle, elements,levels of health care. Structure at village, sub centre, PHC,CHC, Rural hospital levels. Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care</p>	<p>explain Prathamikaswasthyasamrakshana(Primary Health Care)</p>	<p>To coverDefinition, principle, elements,levels of health care. Structure at village, sub centre, PHC,CHC, Rural hospital levels. Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care</p>	<p>Didactic SIS PBL Students seminar Teacher seminar Tutorial Panel discussion</p>	7hrs
47	<p>ParivarakalyanaYojana (Family welfare Programmes – Demography, demographic cycle, life expectancy. Family planning, methods of family</p>	<p>discussParivarakalyanaYojana (Family welfare Programmes</p>	<p>To cover Demography, demographic cycle, life expectancy. Family planning,</p>	<p>Didactic SIS PBL Students seminar</p>	5hrs

	planning.		methods of family planning.	Teacher seminar Tutorial Panel discussion	
48	MatrusishukalyanaYojana – MCH programme Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.	Enumerate MatrusishukalyanaYojana – MCH programme	To cover Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.	Didactic SIS PBL Students seminar Teacher seminar Tutorial Panel discussion	5hrs
49	Preventive geriatrics - Problems of elderly,prevention and control measures	To explain Preventive geriatrics	To cover Problems of elderly,prevention and control measures	Didactic SIS PBL Students seminar Teacher seminar Tutorial Panel discussion	5hrs
50	World Health Organisation - Objectives,structure and functions. International health agencies - United Nations agencies,Health work of bilateral agencies. Alma Ata declaration	To explain and discuss WHO	to cover Objectives,structure and functions. International health agencies - United Nations agencies,Health work of bilateral agencies. Alma Ata declaration	Didactic SIS PBL Students seminar Teacher seminar Tutorial Panel discussion	3hrs
51	National Health Policy Health statistics - Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics-Morbidity rates,Mortality rates ,Fertility rates. Health survey Swasthyaprashasana(Health Administration) – Health administration at Central including AYUSH, state, district, village levels.	Enumerate national health policy	To cover Health statistics - Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics- Morbidity rates,Mortality rates ,Fertility rates. Health survey Swasthyaprashasana(Health Administration) – Health administration at Central including AYUSH, state, district, village levels.	Didactic SIS PBL Students seminar Teacher seminar Tutorial Panel discussion	5hrs
52	National health programmes	Enumerate	To cover	Didactic	10hrs

	<p>Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI),Diabetes (NDCP), Cancer (NCCP) , Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme.</p> <p>National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.</p>	<p>National health programmes</p>	<p>Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI),Diabetes (NDCP), Cancer (NCCP) , Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme.</p> <p>National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes</p>	<p>SIS PBL Students seminar Teacher seminar Tutorial Panel discussion</p>	
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Reference Books:

1. Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.
2. SwasthavrittaSamucchaya - PanditRajeshwarduttShastri
3. SwasthyaVigyan - Dr. BhaskarGovindGhanekar
4. SwasthyaVigyan - Dr. Mukundswarup Varma
5. Swasthavritta - Vaidya Sakad
6. Swasthavritta - Dr. Ranade and Dr. Firke
7. Ayurveda Hitopadesh - Vaidya Ranjit Rai Desai
8. Yoga and Ayurved - Acharya Rajkumar Jain
9. Swasthavrittavigyan - Dr. Ramharsha Singh
10. Swasthavrittam - Dr.BrahmanandTripathi 14 | UG-Syllabus 3rd year
11. Swasthavrittam - Dr. Shivkumar Gaud
12. AyurvediyaSwasthavritta - Vaidya JalukarShastri
13. Patanjalyogasutra - PatanjaliMaharshi
14. Hathayogapradipika - SwatmaramYogendra
15. Gherandasamhita - Gherand Muni
16. Yoga Paddhati - Bharatiya
17. PrakritikChikitsaParishadYogikChikitsa - Shri. KedarNath Gupta
SachitraYogasandarshika - Dr. IndramohanJha
18. Yoga deepika - Shri. B.K.S. Iyengar
19. Light on Yoga - Shri. B.K.S. Iyengar

20. Light on Pranayama - Shri. B.K.S. Iyengar
21. Yoga and yoga chikitsa - Dr. Ramharsha Singh
22. Foundations of Contemporary Yoga - Dr. Ramharsha Singh
23. Yoga SidhantevamSadhana - HarikrishnaShastridatar
24. PrakritikchikitsaVidhi - Sharan Prasad
25. Prakritikchikitsavigyan - Verma
26. Preventive and Social Medicine - J. Park
27. Preventive and Social Medicine - Baride and kulkarni
28. JanasankhyaShikshaSidhanta - Dr. NirmalSahaniEvamupadesya
29. Health Administration in India - S.C.Seel
30. Health and family welfare - T.L.Devaraj
31. Positive Health - L.P. Gupta
32. Biogenic Secrets of food in Ayurveda - L.P.Gupta
33. Smritigranthonmeinnihit - Dr. Smt. Nigam Sharma
34. Swasthaprakarasamagri Dr. Reddy's comprehensive guide - Dr.P.sudhakar
Reddy to Swasthavritta Nutritive value of Indian foods - ICMR
35. Yoga and Nisargopachar - Vd. Prama Joshi
36. PrachinVangmaymeinprakriticchikitsa - swami AnantBharati,
37. CCRYN Swasthavritta - VdYashwantPatil and Vd. Vhawal
38. Food and nutrition - Swaminathan
39. Organology and sensology in yoga -Prashant S Iyengar
40. Yoga-A game for Women -Geeta S Iyengar
41. Yoga-A game for Women (hindi translation)-Madhu Pandey

Note:

Theory Two Papers – 100 Marks Each

Practical/Viva voce – 100 Marks

Theory Hours –200 Hrs

Practical – 100 Hrs

PAPER-I

PART A –Sl.No-1-11

PART B –Sl.No-12-27

PAPER-II

PART A –Sl.No-28-44

PART B –Sl.No-46-52