# **SWASTHAVRITTA**

# **SYLLABUS**

SI no	Торіс	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		
	<ol> <li>Definition of Dinacharya.</li> <li>Aims and importance of dinachary.</li> <li>Brahma MuhurtaevamUtthana.</li> <li>UshaJalapana.</li> <li>Sharirachinta.</li> <li>Malatyaga.</li> <li>Mukhaprakshalan.</li> <li>Dantadhavana and preparation of Ayurvedic tooth powder and paste.</li> <li>Jihvanirlekhanavidhi.</li> <li>Anjana.</li> <li>PratimarshaNasya.</li> <li>Gandusha and Kavala</li> <li>Tambulasevana</li> <li>Dhoomapana</li> <li>Abhyanga</li> <li>Udvartana</li> <li>Utsadana</li> <li>Vyayama</li> <li>Chankramana</li> <li>Snana</li> <li>Anulepana</li> <li>Vastradharana</li> <li>Padatradharana</li> <li>Chatradharana</li> <li>Ratnabharanadharana</li> <li>Ratnabharanadharana</li> <li>Madhyahnacharya</li> <li>Cosmetic effect of Dinacharya procedures</li> </ol>	Must	5hrs

3.	3.Rathricharya		
	<ol> <li>Sandhyacharya.</li> <li>Rathribhojanavidhi.</li> <li>Shayanavidhi according to Bhavamishra.</li> </ol>	Must know	3hrs
4.	<ol> <li>Importance of ritucharya.</li> <li>Ritu presentation as per different acharyas.</li> <li>Adana kala&amp;visargakala.</li> <li>Sanchaya-Prakopa-Prashamana of Dosha according to ritu.</li> <li>Doshashodhana in RituCharya.</li> <li>Relation of Agni bala and Ritu.</li> <li>Pathya and ApathyaAhara and Vihara in different ritus.</li> <li>Ritusandhi         <ol> <li>Yamadamsthra</li> <li>Rituviparyaya</li> </ol> </li> </ol>	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, Ashtaharvidhiviseshayatanani, 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

	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		
	vegatables), 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).		
	Food hygiene		
	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.		
	Hypertension, Obesity and Coronary heart Disease.		
7.	(ii)Nidra	Desirable	
7.	(ii)Nidra	Desirable to Know	
7.	(ii)Nidra  Nirukti and Utpatti, Types , Nidra – Swasthyasambandha,		5hrs
7.	(ii)Nidra  Nirukti and Utpatti, Types , Nidra – Swasthyasambandha, Properties of YuktaNidra, Effects of RatriJagarana, Diwaswapna,		5hrs
7.	(ii)Nidra  Nirukti and Utpatti, Types , Nidra – Swasthyasambandha, Properties of YuktaNidra, Effects of RatriJagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara		5hrs
7.	(ii)Nidra  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		5hrs
	(ii)Nidra  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.		5hrs
7.	(ii)Nidra  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		5hrs
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	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya	to Know	
	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of	to Know	
	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through	to Know	
8.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.	to Know	
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9.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.	Nice to know  Must to	2hrs
8.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases	Nice to know  Must to know	2hrs 5hrs
9.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.  Rasayana for Swastha	Nice to know  Must to know  Nice to	2hrs
9.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.  Rasayana for Swastha  Nirukti, paribhasha(definition ), classification and examples.	Nice to know  Must to know  Nice to know	2hrs 5hrs
9.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.  Rasayana for Swastha  Nirukti, paribhasha(definition ), classification and examples.  Ashtaninditapurusha	Nice to know  Must to know  Nice to know  Desirable	2hrs 5hrs
9.	(ii)Nidra  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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.  Roganutpadaniya  Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharirshodhan.  Rasayana for Swastha  Nirukti, paribhasha(definition ), classification and examples.	Nice to know  Must to know  Nice to know	2hrs 5hrs

## **YOGA**

S1			
no	Topic	domain	time
	1		
12.	Introduction		
	Yoga shabdautpatti, definitions, Different	Must to	01
	schools of Yoga – Rajayoga, Hathayoga,	know	8hrs
	Mantrayoga, Layayoga, Jnanayoga,		
	Karmayoga, Bhaktiyoga.		
	Yoga prayojana		
	Ayurveda yoga sambandha,		
	swasthyarakshaneyogasyamahatvamYogab hyasapratibhandhaka&siddhikarabhavas as		
	per Hathayoga.		
	Mitahara and Pathyapathyani during		
	Yogabhyasa		
	1 oguðilyusu		
13.	Panchakosha Theory	Nice to	2hrs
	,	know	
14.	Astanga yoga		
	Yama, Niyama		
	Asana and its importance		
	Standing Postures		
	Ardhakatichakrasana, Padahastasana,	must to	8hrs
	Ardhachakrasana, Trikonasana.	know	
	<u>Sitting postures</u> Swasthika, Gomukhasana, Padmasana, Vajrasana,		
	Bhadrasana, Shashankasana, Ushtrasana,		
	Pashchimottanasana, Suptavajrasana,		
	ardhamatsyendrasana, Siddhasana.		
	Supine Postures		
	Pavanamuktasana, Sarvangasana, Matsyasana,		
	Halasana, Chakrasana, Shavasana, Setubandhasana.		
	<u>Prone postures</u>		
	Bhujangasana, Shalbhasana, Dhanurasana,		
	Makarasana.		
15.	Suryanamaskara – procedure and benefits.		
15.	Pranayama		
	Benefits of pranayama, time of practice,	Must to	6hrs
	avara-pravara-madhyamalakshana, yukta-	know	Oms
	ayuktalakshana	,	
	NadishudhiPranayama .		
	Kumbhakabheda – suryabhedana, ujjayi,		
	sheetali, Sitkari, Bhastrika,		

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

24.	Suryakiranasevana (sun bath - heliotherapy)	Desirable to Know	2hrs
25.	Mardana (Massage) - different methods and effects.	Desirable to Know	2hrs
26.	<b>Diet types</b> - Soothing, Elimininative, 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	Must	4hrs
	and Rasayana.	know	
29.	Vayu (Air)		
	Vayuguna according to sushrutasamhita,		
	Properties of Vayu as per different		
	directions, Vayushudhiprakara –		
	Ayurvedic aspect.		
	Composition of air.	Must	4hrs
	Air of occupied room- Thermal discomfort	know	
	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		
30.	Jala (Ayurvedic and modern aspects)		
	Importance of water , safe and	Must	4hrs
	wholesome water, water requirements,	know	
	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.		
31.	Bhumi and nivasasthana(Land and		
	housing)		

	Types of soil,soil& health, Land pollution,	Nice to	2hrs
	Bhumishodhana, Nivasayogyabhoomi,	know	
	Social goals of housing, Housing		
	standards, Mahanasa (Kitchen) standards,		
	Rural housing, Housing and health,		
	Overcrowding.		
32.	Prakasha(lighting)	Desirable	
	Requirement of good lighting, natural	to Know	
	lighting, artificial lighting, biological		1hrs
	effects of lighting.		
33.	Dhwanipradooshana(Noise pollution) -	Desirable	
	Noise, Sources, effects,& control	to Know	1hrs
34.	Vikirana(Radiation) - sources, effects and	Desirable	1hrs
	control	to Know	
35.	ApadravyaNirmulana (Disposal of solid		
	waste)		
	Different types of solid waste	Must	4hrs
	Storage and collection of refuse	know	
	Methods of disposal of solid waste (Rural	KHOW	
	& urban)		
	Bio-medical waste management		
36.	MalanishkasanaVyavastha (Excreta		
	Disposal)	Must	
	Methods for Unsewered area and	know	4hrs
	Sewered area	KHOW	IIIS
	Latrines for camps, fairs and festivals		
37.	Disposal of dead body - Burial, Burning,	Desirable	
	Electric cremation.	to Know	1hrs
38.	Meteorology	Desirable	11110
•	(RituevamVatavaranajnanam)	to Know	1hrs
	Definition of weather and climate, factors		THIS
	influencing weather and climate.		
39.	Disaster management		
• • • • • • • • • • • • • • • • • • • •	Definition, natural and man-made	Nice to	4hrs
	disasters, epidemiologic surveillance and	know	71113
	disease control.	KIIOW	
40.	Occupational Health		
40.	Occupational Hazards, Occupational		
	Diseases, Prevention of Occupational	Must to	6hrs
	Diseases, Health & precautionary		OHS
	measures, ESI Act, Indian factories Act.	know	
	Offensive Trades- Effects on health and		
	precautionary measures .		
41.	School health services Health problems of	Desirable	
41.	school children, aspects of school health	to Know	
	service, duties of school medical officers,	to Know	Ahna
	Maintenance of healthy environment.		4hrs
42.	-		
42.	Epidemiology Concert of Epidemiology Dynamics of		
	Concept of Epidemiology, Dynamics of		
	disease transmission, concept of diseases,		
	concept of causation, Epidemiological		

Ay Ep	ctor, modes of intervention, incidence and prevalence. Susceptible host, host efenses, Immunizing Agents, Disease revention and control, investigation of epidemic.  Disinfection – definition, types. yurvedic concept of Vyadhikshamatva and sankramakarogas.  idemiology of communicable Diseases Chicken Pox, Measles, Diphtheria, ertussis, Mumps, Tuberculosis, SARS, influenza, Pneumonia, Cholera, Polio, iral Hepatitis, Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis, Leprosy, Rabies, Tetanus, Emerging and re-emerging diseases.  Kuprasangajavyadhi (STDs)	know		
43.	Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic	Nice to		6hrs
	Heart Disease, Cancer	know		OHIS
44. Ch	ikitsalayaBhavana (Hospital Building)	Desirable		
45		to Know		1hrs
Str	thamikaswasthyasamrakshana(Primary Health Care) Definition, principle, elements,levels of health care. ucture at village, sub centre, PHC,CHC, Rural hospital levels. Health insurance, Private agencies, /oluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care.	Must kno	W	7hrs
	rivarakalyanaYojana (Family welfare Programmes – Demography, demographic cycle, life expectancy. Family planning, methods of family planning.	Must kno	w	5hrs
	MatrusishukalyanaYojana – MCH programme ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.	Nice to kno	ow	5hrs
<b>48.</b> eld	<b>Preventive geriatrics</b> - Problems of lerly, prevention and control measures.	Desirable t Know	to	3hrs
49.	World Health Organisation -			

	T		
	Objectives, structure and functions.		
	International health agencies - United	Must know	5hrs
	Nations agencies, Health work of bilateral		
	agencies.		
	Alma Ata declaration		
50.	National Health Policy	Desirable to	
	Health statistics - Definition, Sources,	Know	
	uses Data collection, Classification,		
	Presentation.		7hrs
	Vital statistics-Morbidity rates, Mortality		
	rates ,Fertility rates.		
	Health survey		
	Swasthyaprashasana(Health		
	Administration) – Health administration		
	at Central including AYUSH, state, district,		
	village levels.		
51.	National health programmes	Desirable to	
	Tuberculosis(RNTCP), Leprosy(NLEP), AIDS	Know	
	(NACP), Blindness (NPCB),		
	Polio(PPI), Diabetes (NDCP), Cancer (NCCP)		10hrs
	, 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.		
			L

### **CURRICULUM PLANNING**

SL.No	Topic	Learninig objective	Teaching guideline	Methodology	Time
1.	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.	Explain and understand various definition of swastha and concept of well being	To cover various Definition of swastha&swasthya and swasthavritta. Understanding ofConcept of wellbeing- objective, subjective, standard of living, quality of life.	Didactic, SIS,PBL, tutorial, case presentation	5 hrs
2.	2. Dinacharya  30. Definition of Dinacharya. 31. Aims and importance of dinachary. 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. Udvartana 46. Utsadana 47. Vyayama 48. Chankramana 49. Snana	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

	50 Amulana				
	50. Anulepana				
	51. Vastradharana				
	52. Dandadharana				
	53. Padatradharana				
	54. Chatradharana				
	55. Ushnishadharana				
	56. Ratnabharanadharana				
	57. Madhyahnacharya				
	58. Cosmetic effect of				
	Dinacharya procedures				
	• •				
3.	3.Rathricharya	Discuss and	To cover	Didactic,	3hrs
	4 6 11 1	explain	Sandhya charya.	SIS,PBL,	
	4. Sandhya charya.	ratricharya	Rathribhojanavidhi. Shayanavidhi	Students seminar	
	5. Rathribhojanavidhi.		according to	Teachers	
	6. Shayanavidhi according		Bhavamishra	seminar	
	to Bhavamishra.		Bilavaillisilla	Group	
				discussion	
				Tutorials	
				Workshop	
				Poster	
				presentation	
				Panel discussion	
				Case	
4.	4.Ritucharya	Comprehensive	To cover ritucharya	presentation Didactic,	5hrs
4.	4.Kitucharya	knowledge of	and understand	SIS,PBL,	21113
	9. Importance of ritucharya.	ritucharya and	various aspects of	Students	
	10. Ritu presentation as per	understand	ritucharya with regard	seminar	
	different acharyas.	various aspects	to modern lifestyle	Teachers	
	•	of ritucharya		seminar	
	11. Adana kala &visarga kala.	with regard to		Group	
	12. Sanchaya-Prakopa-	modern lifestyle		discussion	
	Prashamanaof Dosha			Tutorials	
	according to ritu.			Workshop Poster	
	13. Doshashodhana in			presentation	
	RituCharya.			Panel discussion	
	14. Relation of Agni bala and			Case	
	Ritu.			presentation	
	15. Pathya and ApathyaAhara				
	and Vihara in different				
	ritus.				
	16.				
	10.				

5.	1. Ritusandhi 2. Yamadamsthra 3. Rituharitaki 4. Rituviparyaya  Sadvritta  Description of Sadvritta and AcharaRasayana their role in Prevention and control of diseases	Discuss sadvritta and usefulness in following it	To cover and Discuss sadvritta and usefulness in following it	Role model, role play, SIS	5hrs
6.	Trayopastambha (i)Ahara  Nirukti, Swarupa, Pramukhatva, AharadravyaVargikarana m, Aharavidhividhana, Dwadashashanapravichar ana, Ashtaharvidhiviseshayata nani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Aharadushparinama&tajja nyavyadhaya, SantarpanajanyaevamApa tarpanajanyavyadhi, Viruddhahara and its effects, Shadrasabhojanasyamahat wam. 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, Nityasevaneeyadravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga -	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

Dhanyavarga(Cereals millets), Shaka and				
Haritavarga (Leafy an Non leafy vegatables)				
Kanda varga (roots an	*			
tubers), Phalavarga				
(Fruits), Tailavarga(F	ats			
and Oils), Ikshuvarga				
Madhya varga(Alcoho	olic			
Beverages), Dugdhav	arga			
(Milk and Milk produ	cts),			
Masala and				
vyanjanadravyas (Spi	ces			
& Condiments),	,			
Kritannavarga(Prepar	ed			
Food), Mamsavarga				
(Meat types).				
<u>Food hygiene</u> Milk hygiene-Milk				
composition, Source of	of			
infection (for Milk), N				
borne diseases, Clean				
Safe milk, Pasteurizat				
of milk.				
Meat hygiene-Meat				
inspection, Slaughter				
house, Freshness of fi	sh			
and egg. Fruits and				
Vegetables hygiene.				
Sanitation of eating				
places, Preservation o				
food, Food handlers, l	Food			
borne diseases, Food	1			
fortification, and Food				
adulteration, Food	>t			
toxicants, Properties of Vegetarian and Non-	)1			
vegetarian diet, Effect	ts of			
spices and condiments				
Consumption of Alco				
and its effects on pers				
and social health. Effe				
of pathya-apathya in l	ife			
style disorders-Diabet				
Hypertension, Obesity				
and Coronary heart				
Disease.				
7. (ii)Nidra	Discuss types and	To cover various	Didactic,	5hrs
	explain	topics under nidra	SIS,PBL,	

8.	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.  (iii) Brahmacharya  Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects	Explain importance off brahmacharya	To cover various topics under Brahmacharya	Group discussion Tutorials Workshop Poster presentation Panel discussion  Role model Didactic SIS PBL	2hrs
	of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala.				
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
	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 Ashtaninditapuru sha	To coverAshtaninditapur ushaand menstrual hygiene	Didactic, SIS,PBL, Students seminar Teachers seminar Group discussion	5hrs

				Tutorials Workshop	
12	Yoga shabdautpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyogasyam ahatvamYogabhyasapratibh andhaka&siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa	Explain yoga define,dis cuss Yoga prayojana Ayurveda yoga samband ha, swasthyar akshaney ogasyama hatvamYo gabhyasa pratibhan dhaka&si ddhikara bhava	To cover Yoga prayojana Ayurveda yoga sambandha, swasthyarakshaneyog asyamahatvamYogab hyasapratibhandhaka &siddhikara bhava	Didactic SIS PBL Students seminar Teachers seminar Group discussion Tutorial Field visit Workshop Case presentation	8hrs
13.	Panchakosha Theory	Explain panchako sh theory	to cover panchakosh theory	Poster presentation Tutorial Didactic	2hrs
14.	Astanga yoga Yama, Niyama Asana and its importance Standing Postures Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana. Sitting postures Swasthika, GomukhasanaPadmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhamatsyendrasana, Siddhasana. Supine Postures Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana,Setubandhasana. Prone postures Bhujangasana, Shalbhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	Explain astang yoga dicuss and enumerate its various factors	to cover astang yoga dicuss 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	Comprehend concept of	To cover all topics under pranayama	Didactic SIS	6hrs
	Benefits of pranayama, time of practice, avara-pravara-madhyamalakshana, yukta-ayuktalakshana Nadishudhi Pranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, BhramariMurcha, Plavini. Nadishudhilakshana	pranayama explain benefits and types		PBL Students seminar Teachers seminar Group discussion Tutorial Field visit Workshop Case presentation Poster presentation Role model Role play Panel discussion	
16	Dhauti, Basti, Neti,	Discuss all six types	To cover and illustrate importance of shatkarma	Field visit Didactic SIS	4hrs
	Trataka, Nauli, Kapalabhati			Group discussion workshop	
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- sushumnanadis.	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	Comprehensive knowledge of Moksha and Muktatmalakshan	To cover description of yoga	Didactic SIS PBL	4hrs
	Moksna and Muktatmalakshana and upaya, Naishthikichikitsa,	a and upaya, Naishthikichikitsa,		PBL Panel discussion	

	Satyabuddhi, Tatvasmriti,	Satyabuddhi,		Work shop	
		Tatvasmriti,		Case	
	AshtaAishwarya, Ashta siddhis.	AshtaAishwarya,			
	siddiis.	Ashta siddhis		presentation	
21	tonio .		Tanahina awidalina		4:
21	topic	Learning objective	Teaching guideline	methodology	time
22	Definition, history, aims and	To discuss and	To cover Definition,	Didactic	2hrs
22	objectives Theories as per Western		history, aims and	SIS	21115
	•	explain Definition	• • • • • • • • • • • • • • • • • • • •	PBL	
	school of Naturopathy Indian school	Definition,	objectives Theories as		
	– Panchabhutopasana Relation of	history, aims and	per Western school of	Group	
	Ayurveda and Naturopathy	objectives	Naturopathy Indian	discussion	
	Importance of Naturopathy in	Theories	school –	Field visit	
	present era		Panchabhutopasana		
			Relation of Ayurveda		
			and Naturopathy		
			Importance of		
			Naturopathy in		
			present era		
23.	<b>Jalachikitsa(hydrotherapy)</b> – Hot	Comprehensive	To cover in detail Hot	Didactic	2hrs
	water treatment, Cold water	knowledge of	water treatment, Cold	SIS	
	treatment, foot and arm bath, Spinal	jalachikitsa	water treatment, foot	PBL	
	bath, hip bath, abdominal wet pack,		and arm bath, Spinal	Group	
	Steam bath, enema and whirl pool		bath, hip bath,	discussion	
	bath.		abdominal wet pack,	Field visit	
			Steam bath, enema		
			and whirl pool bath.		
24.	Mrittikachikitsa (Mud therapy) -	Explain mud	To cover Types of soil,	Didactic	2hrs
	Types of soil, doctrine of mud	therepy	doctrine of mud	SIS	
	selection, mud bath		selection, mud bath	PBL	
				Group	
				discussion	
				Field visit	
25.	Suryakiranasevana (sun bath -	Explain sun bath	To cover heliotherapy	Didactic	2hrs
	heliotherapy)		in detail	SIS	
				PBL	
				Group	
				discussion	
				Field visit	
26.	Mardana (Massage) - different	Discuss massage	To cover different	Didactic	2hrs
	methods and effects.		methods and effects	SIS	
			of massage	PBL	
				Group	
				discussion	
1				Field visit	
-		_			
27.	· · · · · · · · · · · · · · · · · · ·	Enumerate diet	To cover- Soothing,	Didactic	1hrs
27.	Constructive, Positive and negative	Enumerate diet types	Elimininative,	SIS	1hrs
27.	•		Elimininative, Constructive,Positive	SIS PBL	1hrs
27.	Constructive, Positive and negative		Elimininative, Constructive,Positive and negative diet,	SIS PBL Group	1hrs
27.	Constructive, Positive and negative		Elimininative, Constructive,Positive and negative diet, Acidic and alkaline	SIS PBL Group discussion	1hrs
27.	Constructive,Positive and negative diet, Acidic and alkaline diet.		Elimininative, Constructive,Positive and negative diet,	SIS PBL Group	1hrs

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

	Mahanasa (Kitchen) standards, Rural		housing, Housing	Markshan	
			standards, Mahanasa	Workshop	
	housing, Housing and health,		<u> </u>	case	
	Overcrowding.		(Kitchen) standards,	presentation	
			Rural housing,		
			Housing and health,		
	- 1 1 (H. 1 . 1 . 1	1.5.1.1.1	Overcrowding		41
33.	Prakasha(lighting)	explainPrakasha(l	To cover Requirement	Panel discussion	1hrs
	Requirement of good	ighting)	of good	Didactic	
	lighting, natural lighting, artificial		lighting,natural	Role play	
	lighting, biological effects of lighting		lighting, artificial	SIS	
			lighting, biological	Poster	
			effects of lighting	presentation	
34.	Dhwanipradooshana(Noise	To explain	To cover Noise,	Panel discussion	1hrs
	<b>pollution)</b> - Noise, Sources, effects,&	dhwanipradoosh	Sources, effects,&	Didactic	
	control	an	control	Role play	
				SIS	
				Poster	
				presentation	
35	Vikirana(Radiation) - sources,	To explain	To cover sources,	Panel discussion	1hrs
	effects and control	vikirana	effects and control	Didactic	
				Role play	
				SIS	
				Poster	
				presentation	
				Group	
				discussion	
36.	ApadravyaNirmulana (Disposal of	To explain	To cover Different	Didactic	4hrs
	solid waste)	apadravyanirmul	types of solid waste	SIS	
	Different types of solid waste	ana	Storage and collection	PBL	
	Storage and collection of refuse		of refuse	students	
	Methods of disposal of solid waste		Methods of disposal	seminar	
	(Rural & urban)		of solid waste (Rural &	Group	
	Bio-medical waste management		urban)	discussion	
	2.0		Bio-medical waste	Tutorial	
			management		
37	MalanishkasanaVyavastha (Excreta	То	To cover Methods for	Didactic	4hrs
	Disposal)	discussMalanishk	Unsewered area and	SIS	5
	Methods for Unsewered area and	asanaVyavastha	Sewered area	PBL	
	Sewered area	(Excreta	Latrines for camps,	students	
	Latrines for camps, fairs and	Disposal)	fairs and festivals	seminar	
	festivals	Disposary	Tall's aria restivais	Group	
	restivais			discussion	
				Tutorial	
38.	Disposal of doad body Purial	ovnlainDicnocal	To cover Burial,	Didactic	1hrs
38.	<b>Disposal of dead body</b> - Burial, Burning, Electric cremation.	explainDisposal of dead body	Burning, Electric	SIS	TIII 2
	Burning, Electric Cremation.	or dead body	cremation.	PBL	
			cremation.		
				students	
				seminar	
				Group	
				discussion	
				Tutorial	

39	Meteorology	To discuss	To cover Definition of	Didactic	1hrs
	(RituevamVatavaranajnanam)	meterology	weather and	SIS	
	Definition of weather and	<i>,</i>	climate,factors	PBL	
	climate, factors influencing weather		influencing weather	students	
	and climate.		and climate.	seminar	
				Group	
				discussion	
				Tutorial	
40	Disaster management	Explain disaster	To cover Definition,	Didactic	4hrs
	Definition, natural and man-made	management	natural and man-	SIS	
	disasters,epidemiologic surveillance		made	PBL	
	and disease control.		disasters,epidemiologi	students	
			c surveillance and	seminar	
			disease control.	Group	
			0.0000000000000000000000000000000000000	discussion	
				Tutorial	
41	Occupational Health	Discuss and	To cover Occupational	Didactic	6hrs
7-	Occupational Hazards, Occupational	explain	Hazards, Occupational	SIS	01113
	Diseases, Prevention of	Occupational	Diseases, Prevention	PBL	
	Occupational Diseases, Health &	Health	of Occupational	students	
	precautionary measures, ESI Act,	ricarii	Diseases, Health &	seminar	
	Indian factories Act.		precautionary	Group	
	Offensive Trades- Effects on health		measures, ESI Act,	discussion	
	and precautionary		Indian factories Act.	Tutorial	
	and precadionary		Offensive Trades-	ratorial	
			Effects on health and		
			precautionary		
42.	School health services Health	Explain school	To cover Health	Didactic	4hrs
	problems of school children, aspects	health service	problems of school	SIS	15
	of school health service, duties of	Treditin service	children, aspects of	PBL	
	school medical officers,		school health service,	students	
	Maintenance of healthy		duties of school	seminar	
	environment.		medical officers,	Group	
	G		Maintenance of	discussion	
			healthy environment.	Tutorial	
43	Epidemiology	Discuss and	To cover Epidemiology	Didactic	10hrs
	Concept of Epidemiology, Dynamics	comprehend	of communicable	SIS	
	of disease transmission, concept of	Epidemiology of	Diseases Ayurvedic	PBL	
	diseases, concept of causation,	communicable	concept of	students	
	Epidemiological triad, natural	Diseases	Vyadhikshamatva and	seminar	
	history of disease, concept of	Ayurvedic	sankramakarogas	Group	
	control, concept of prevention, Risks	concept of		discussion	
	factor, modes of intervention,	Vyadhikshamatva		Tutorial	
	incidence and prevalence.	and			
	Susceptible host, host defenses,	sankramakarogas			
	Immunizing Agents, Disease				
	prevention and control, investigation	·			
	of epidemic.				
	Disinfection – definition, types.				
	Ayurvedic concept of				
	Vyadhikshamatva and				

				T	1
	sankramakarogas.				
	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.  Kuprasangajavyadhi (STDs) AIDS, Syphilis, Gonorrhoea,				
	Chanchroid				
44.	Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer	Enumerate Epidemiology of communicable Diseases Ayurvedic concept of Vyadhikshamatva and sankramakarogas	To cover Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer	Didactic SIS PBL students seminar Group discussion Tutorial	6hrs
45.	ChikitsalayaBhavana (Hospital	Explain	To cover Explain	Didactic	1hrs
	Building)	ChikitsalayaBhav ana (Hospital Building	ChikitsalayaBhavana (Hospital Building	SIS PBL students seminar Group discussion Tutorial	
46	Prathamikaswasthyasamrakshana(Pr	explain	To coverDefinition,	Didactic	7hrs
	imary 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	Prathamikaswast hyasamrakshana( Primary Health Care)	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	SIS PBL Students seminar Teacher seminar Tutorial Panel discussion	
47.	ParivarakalyanaYojana (Family	discuss <b>Parivaraka</b>	To cover	Didactic	5hrs
	welfare Programmes –	lyanaYojana	Demography,	SIS	
	Demography, demographic cycle,	(Family welfare	demographic cycle,	PBL	
	life expectancy.	Programmes	life expectancy.	Students	
	Family planning, methods of family		Family planning,	seminar	

	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 Matrusishukalya naYojana – 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.	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

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

#### **Reference Books:**

- 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. Brahmanand Tripathi 14 | UG-Syllabus 3rd year
- 11. Swasthavrittam Dr. Shivkumar Gaud
- 12. Ayurvediya Swasthavritta Vaidya Jalukar Shastri
- 13. Patanjalayogasutra PatanjaliMaharshi
- 14. Hathayogapradipika Swatmaram Yogendra
- 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. Prakritikchikitsa Vidhi Sharan Prasad
- 25. Prakritikchikitsavigyan Verma
- 26. Preventive and Social Medicine J. Park
- 27. Preventive and Social Medicine Baride and kulkarni
- 28. Janasankhya Shiksha Sidhanta Dr. Nirmal Sahani Evamupadesya
- 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. Prachin Vangmay mein prakriticchikitsa swami Anant Bharati,
- 37. CCRYN Swasthavritta VdYashwantPatil and Vd. Vhawal
- 38. Food and nutrition Swaminathan
- 39. Organology and sensology in yoga -Prashant S lyengar
- 40. Yoga-A game for Women -Geeta S lyengar
- 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 -SI.No-1-11

PART B - SI. No-12-27

PAPER-II

PART A -SI.No-28-44

PART B -SI.No-46-52