

3.2 SWASTHAVRITTA

Theory- Two papers - 100 marks each

Practical / Viva voce -100 marks

Lectures –200 Hrs

Practicals and demonstration – 100 Hrs

Paper-I

PART A- VAIYAKTIKA SWASTHAVRITTA

50 marks

Introduction

Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health.

Dimensions of health-Physical, Mental, Social.

Concept of wellbeing- objective, subjective, standard of living, quality of life.

Dinacharya

1. Definition of Dinacharya
2. Aims and importance of dinacharya
3. Brahma Muhurta evam Utthana
4. Usha Jalapana
5. Sharirachinta
6. Malatyaga
7. Mukha prakshalan
8. Dantadhavana and preparation of Ayurvedic tooth powder and paste
9. Jihvanirlekhanavidhi
10. Anjana
11. Pratimarsha Nasya
12. Gandusha and Kavala
13. Tambulasevana
14. Dhoomapana
15. Abhyanga
16. Udvartana
17. Utsadana
18. Vyayama
19. Chankramana
20. Snana
21. Anulepana
22. Vastra dharana
23. Danda dharana
24. Padatra dharana
25. Chatra dharana
26. Ushnisha dharana
27. Ratnabharana dharana
28. Madhyahna charya
29. Cosmetic effect of Dinacharya procedures

Rathricharya

1. Sandhya charya
2. Rathri bhojana vidhi
3. Shayanavidhi according to Bhavamishra

Ritucharya

1. Importance of ritucharya
2. Ritu presentation as per different acharyas
3. Adana kala & visarga kala
4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu
5. Doshashodhana in Ritu Charya
6. Relation of Agni bala and Ritu
7. Pathya and Apathya Ahara and Vihara in different ritus
8. a) Ritusandhi
b) Yamadamsthra
c) Rituharitaki
d) Rituviparyaya

Sadvritta

Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.

Trayopastambha

i) Ahara- Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tajjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam.

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, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition.

Aharavarga - Dhanya varga (Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga (Fats and Oils), Ikshu varga & Madhya varga (Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga (Prepared Food), Mamsa varga (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.

ii) Nidra- Nirukti and Utpatti, Types, Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, 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, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha(Libido) through Vajikarana, Viryanasa phala.

Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan.

Rasayana for Swastha-Nirukti, paribhasha(definition), classification and examples

Ashta nindita purusha

Menstrual hygiene

Part B (YOGA AND NISARGOPACHARA)

50 marks

YOGA

Introduction

Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga.

Yoga prayojana

Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam

Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga.

Mitahara and Pathyapathyani during Yogabhyasa.

Panchakosha Theory

Astanga yoga

Yama, Niyama

Asana and its importance

Standing Postures

Ardhakatichakrasana, Padahastasana, Ardhashakrasana, Trikonasana.

Sitting postures

Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana.

Supine Postures

Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.

Prone postures

Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

Suryanamaskara – procedure and benefits.

Pranayama

Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yukta-ayukta lakshana

Nadishudhi Pranayama .

Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari

Murcha, Plavini.

Nadishudhilakshana

Shatkarma

Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati

Bandhas and Mudras

Shad chakras, Ida-pingala-sushumna nadis.

Pratyahara, Dharana, Dhyana, Samadhi

Description of Yoga in Ayurveda

Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.

NISARGOPACHARA (Prakritika chikitsa)

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.

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.

Mrittika chikitsa (Mud therapy)

Types of soil, doctrine of mud selection, mud bath.

Suryakirana sevana (sun bath - heliotherapy)

Mardana (Massage) – different methods and effects.

Diet types – Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet

Upavasa chikitsa(Fasting therapy) – Importance, types, therapeutic effects of fasting.

Visrama chikitsa upayoga

PAPER II – SAMAJIKA SWASTHAVRITTA

Part A

50 marks

Janapadodhwamsa

Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.

Vayu (Air)

Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – 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

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

Bhumi and nivasa sthana(Land and housing)

Types of soil, soil & health, Land pollution, Bhumi shodhana, Nivasa yogya bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.

Prakasha(lighting)

Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.

Dhwani pradooshana(Noise pollution) -Noise, Sources, effects,& control

Vikirana(Radiation)- sources, effects and control

Apadravya Nirmulana (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

Malanishkasana Vyavastha (Excreta Disposal)

Methods for Unsewered area and Sewered area
Latrines for camps, fairs and festivals
Disposal of dead body – Burial, Burning, Electric cremation.

Meteorology (Ritu evam Vatavarana jnanam)

Definition of weather and climate, factors influencing weather and climate.

Disaster management

Definition, natural and man-made disasters, epidemiologic surveillance and disease control.

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 .

School health services

Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment

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 sankramaka rogas.

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

Kuprasangaja vyadhi (STDs)

AIDS, Syphilis, Gonorrhoea, Chancroid

Non-communicable disease epidemiology

Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer

Chikitsalaya Bhavana (Hospital Building)

Part B

50marks

Prathamika swasthya samrakshana(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.

Parivara kalyana Yojana (Family welfare Programmes)– Demography, demographic cycle, life expectancy.

Family planning, methods of family planning.

Matru sishu kalyana Yojana – MCH programme

Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.

Preventive geriatrics–Problems of elderly, prevention and control measures.

World Health Organisation–Objectives, structure and functions.

International health agencies–United Nations agencies, Health work of bilateral agencies.

Alma Ata declaration

National Health Policy

Health statistics– Definition, Sources, uses Data collection, Classification, Presentation.

Vital statistics–Morbidity rates, Mortality rates, Fertility rates.

Health survey

Swasthya prashasana(Health Administration) – Health administration at Central including AYUSH, state, district, village levels.

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.

PRACTICALS

Demonstration of Dinacharya procedures- anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvartana.

Parichaya of aharadravya, immunization agents, disinfectants and family planning devices

Practical demonstrations of Asanas mentioned in the syllabus

Pranayama (Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi) and Shad karmas(Jala dhauti, Jalaneti, Sutraneti, Trataka, Kapalabhati).

Preparing and delivering of a health educational talk on health related issues.

A short compilation on any topic on environmental health.

Educational Visits

Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit.

Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health.

Visit of rural Ayurvedic dispensary.

Visit to naturopathy centre to observe naturopathic treatment modalities.

Health survey- Minimum 5 families of rural and urban areas.

There should be 3 case sheets for Yoga Naturopathy & pathya apathya together and 3 case sheets for communicable diseases.

Proformas for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities.

Practical and Viva Voce examination

Marks distribution

100 marks

1. Vaiyaktika Swasthavritta	20
2. Samajik swasthavritta	20
3. Demonstration of Yoga	10
4. Naturopathy	10
5. Journal and compilation work	10
6. Viva voce	30

Reference Books:

Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.

Swasthavritta Samucchaya

- Pandit Rajeshwar dutt Shastri

Swasthya Vigyan

- Dr. Bhaskar Govind Ghanekar

Swasthya Vigyan

- Dr. Mukund swarup Varma

Swasthavritta

- Vaidya Sakad

Swasthavritta

- Dr. Ranade and Dr. Firke

Ayurveda Hitopadesh
 Yoga and Ayurved
 Swasthavritta vigyan
 Swasthavrittam
 Ayurvediya Swasthavritta
 Patanjala yogasutra
 Hathayogapradipika
 Gheranda samhita
 Yoga Paddhati
 Yogik Chikitsa
 Sachitra Yogasan darshika
 Yoga deepika
 Light on Yoga
 Light on Pranayama
 Yoga and yoga chikitsa
 Foundations of Contemporary Yoga
 Yoga Sidhant evam Sadhana
 Prakritik chikitsa Vidhi
 Prakritik chikitsa vigyan
 Preventive and Social Medicine
 Preventive and Social Medicine
 Janasankhya Shiksha Sidhanta
 Evam upadesya
 Health Administration in India
 Health and family welfare
 Positive Health
 Biogenic Secrets of food in Ayurveda
 Smriti granthon mein nihit
 Swasthaprakara samagri
 Dr. Reddy's comprehensive guide
 to Swasthavritta
 Nutritive value of Indian foods
 Yoga and Nisargopachar
 Prachin Vangmay mein prakritik chikitsa
 Swasthavritta
 Food and nutrition
 Organology and sensology in yoga
 Yoga-A game for Women

- Vaidya Ranjit Rai Desai
 - Acharya Rajkumar Jain
 - Dr. Ramharsha Singh
 - Dr. Brahmanand Tripathi
 - Dr. Shivkumar Gaud
 - Vaidya Jalukar Shastri
 - Patanjali Maharshi
 - Swatmaram Yogendra
 - Gherand Muni
 - Bharatiya Prakritik Chikitsa Parishad
 - Shri. Kedar Nath Gupta
 - Dr. Indramohan Jha
 - Shri. B.K.S. Iyengar
 - Shri. B.K.S. Iyengar
 - Shri. B.K.S. Iyengar
 - Dr. Ramharsha Singh
 - Dr. Ramharsha Singh
 - Harikrishna Shastri datar
 - Sharan Prasad
 - Verma
 - J. Park
 - Baride and kulkarni
 - Dr. Nirmal Sahani

 - S.C.Seel
 - T.L.Devaraj
 - L.P. Gupta
 - L.P.Gupta
 - Dr. Smt. Nigam Sharma

 - Dr.P.sudhakar Reddy

 - ICMR
 - Vd. Prama Joshi
 - swami Anant Bharati, CCRYN
 - Vd Yashwant Patil and Vd. Vhawal
 - Swaminathan
 -Prashant S Iyengar
 -Geeta S Iyengar

Yoga-A game for Women(hindi translation)-Madhu Pandey