CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE PRELIMINARY
9. M.D. (AYU) SWASTHAVRITA
(PREVENTIVE, SOCIAL MEDICINE & YOGA)

PAPER II

* TEACHING HOURS FOR THEORY SHALL BE 100 HOURS.
** TEACHING HOURS FOR PRACTICAL SHALL BE 100 HOURS.

THEORY- 100 MARKS
PRACTICAL AND VIVA-VOCE - 100 MARKS
(50 MARKS)

PART A

2. Comparison of Concept of Swastha according to various Ayurvedic Samhitas.
3. Applied aspect of Swasthya, based on various parameters described in Samhitas.
4. Details of definition and dimensions of health and parameters for its evaluation as per World Health Organization.
5. Relevance of Dinacharya, Ratricharya and Ritucharya in health promotion and prevention of diseases in modern day scenario and different occupations. (Importance of Niyat Kala Vihara-Dinacharya, Ratricharya and Ritucharya in prevention of diseases.)
6. Applied aspect of Adharaniya and Dharaniya Vega in health promotion and prevention of diseases with examples. (Importance of Aniyat Kala-Vegdharana, Vega Udirana, Shodhana, Brumhana, Bhutadasparshana.)
7. Details of Ahara and Poshana as per Samhitas and its role in changing diet patterns of present era.
8. Nidra as per Ayurvedic classics. Effects of changing patterns of sleep on health.
9. Concept of Brahmacharya, Abrahmacharya and its relevance in present era.
10. Concept of Bala and Ojas in relation with Vyadhisthamatva.
11. Importance and relevance of Ritu Shodhana.
13. The concept of Ashtanga Yoga and its relation to health.
14. References about Yoga in Ayurvedic classics.
15. References about Ayurveda in Yoga classics.
16. The phenomenon of disease manifestation based on Adhi and Vyadhi as per Yoga Vashishtha and its relevance with Therapeutic Yoga.

Part B

1. Janapadoddhwamsa and measures of its prevention.
2. Principles of Epidemiology and its application.
3. Concept of disease control and stages of intervention.
4. Role of Swasthavritta and Yoga in prevention of communicable diseases.
5. Role of Swasthavritta and Yoga in prevention of non-communicable diseases.
10. Environmental health - concept of water, soil and air purification as per Ayurveda and Modern Science.
12. Importance and relevance of Meteorology in Swasthavritta.
13. Role of Swasthavritta in Maternal and Child Health care.
16. National Health Policy as per Alma Ata declaration.

PRACTICAL

1. Departmental duties
   a. Duty in OPD and IPD with regard to Ayurveda Dinacharya, Ritucharya, Pathyapathya, Yoga and Nisargopachara.
   b. Museum development- wall magazine / charts
   c. Regular attendance in Yoga training in the Swasthya Rakshana and Yoga OPD.

2. Practice the following daily regimens
   a. Pratimarsha Nasya
   b. Anjana
   c. Kavala and Gandusha
   d. Abhyanga
   e. Udvartana
   f. Prayogika Dhoomapana
   g. Matra Basti

3. Preparation of different Krittanna Kalpanas
   a. Laja Manda
   b. Mudga, Kulatha, Chanaka Yusha
   c. Shali and Nartaki Peya
   d. Shali, Dashamoola Yavagu
   e. Shali Vilepi
   f. Krishara
   g. Nimbu Panaka
   h. Payasa
   i. Godhuma/Yava/Nartaki Roti

4. Health Awareness lectures to the community (minimum 5)
5. Assessment of Swasthya (minimum 5 cases)
6. Participation in observance of National & International days related to health.
7. Practice of the following Asanas:
   **Yogic Shukshma and Sthula Vyayama.**
   **Standing Postures**- Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana
   **Sitting Postures**- Swastikasana, Siddhasana, Padmasana, Vajrasana, Bhadrasana, Gomukhasana, Shashankasana / Shashakasana, Ushtrasana, Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana
   **Supine Postures**- Shavasana, Pavanmuktasana, Sarvangasana, Matsyasana, Halsana, Chakrasana,
   **Prone Postures**- Makarasana, Shalabhasana, Bhujangasana, Dhanurasana.
8. Practice of Pranayama.
9. Uccharit Pranava Pranayama (Om Chanting with Pranayama).
### Distribution of marks (Practical)

1. Records - 10 Marks
2. Preparation of Kritanna Kalpanas - 20 Marks
3. Dinacharya procedure - 10 Marks
4. Spotting (10) Aahar dravyas, Family Planning Devices, Vaccine/Serum and Models /Specimens, Naturopathic and yogic Specimens. - 20 Marks
5. Yogasana and Pranayam - 10 Marks
6. Viva-voce - 30 Marks

### Reference Books:

1. Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya), Ashtang Samgraha, Sarangadharma, Bhavaprakasha, Madhavanidana & Yogaratnakara, Bhela Samhita with the respective commentaries
2. SwasthavrittaSamuchaya – VaidyaPtRajesvarDuttaShastri
3. SwasthyaVigyanaya - Dr.B.G.Ghanekarshastri
4. SwasthvrittaVigyan - Dr.Ramharsha Singh.
5. Swasthavritta - Dr.BramhanandTripathi
6. AyurvediyaSwasthavritta - Vd.Jalukar
7. SwasthaVigyan - Dr.MukundswaroopVerma
8. Swasthavritta - Dr.Shivkumar Gaud
10. Ayurvediya Hitopadesh - Vd.RanjitRai Desai
11. Preventive and Social Medicine - J.K.Park
12. Preventive and Social Medicine – Mahajan
13. Preventive and Social Medicine – B.N.Ghosh
14. Community Medicine - Baride and Kulkarni
15. Preventive and Social Medicine – Gupta
16. Patanjal Yoga Sutra – Maharshi Patanjali, Karambelkar
17. HathayogPradipika – Swatmaram Yogendra
18. GherandSamhita- Gherand Muni
19. Shiva samhita – Kaivalyadhaman
20. Yoga and Ayurveda – Dr.Rajkumar Jain
21. YogiYoGPadhati - BharatiyaprakrutikChikitsaPadhat
22. YogiChikitsa - ShriKedarnath Gupta
23. SachitraYogasanDarshika - Dr.IndramohanJha
24. Yoga and Yogikchikitsa - Ramharsha Singh
25. The Foundation of Contempary Yoga - R.H.Singh
26. Yogadeepika - Shri. B.K.S. Iyengar
27. YogasidhantaevumSadhna - H.S.Datar
28. PrakritikaChikitsa-Kedarnath Gupta
29. PrakrutikChikitsaVigyan - Verma
30. PrakrutikChikitsaVidhi - Sharan Prasad
31. Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
32. Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
33. Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
34. Health and Familywelfare - T.L.Devraj
35. Bio-Statistics - B.K. Mahajan
36. Swasthavritta - Vd.Sakad
38. Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
39. Swasthavritta – Vd. Patrikar Vijay
40. Dr.Me Kay Khau? _Dr.M.S.Kulkarni
40. Swasthavrittavidnyan - Dr.MangalaGowri
41) Positive Health - Dr. L.P. Gupta
42) Biogenic Secrets of Food In Ayurveda - Dr. L.P. Gupta
43) Text book of Swasthavritta - Dr. Ranade, Dr. Bobade, Dr. Deshpande
44) Food and nutrition - Swaminathan
45) Yoga and Nisargopachar - Vd. Prama Joshi
46) Essence of Yoga - Dr. Mangala Gowri
47) The essentials of Nature Cure - Dr. Mangala Gowri
48) Yogasudha – Dr. Kashinath

Reviewed by

1. Dr. Kamalesh Sharma (Chair person)
2. Dr. Arpan Bhatt
3. Dr. Medha Kulkarni