### CENTRAL COUNCIL OF INDIAN MEDICINE

**MD (AYURVEDA) PRELIMINARY**

**17. MD (YOGA)**

*Teaching hours for theory shall be 100 hours.*

**Teaching hours for practical shall be 100 hours.**

### PAPER I

#### MARKS 100

#### SWASTHAVRITTAM, SADVRTTAM YOGASCHA

#### Marks 50

1. Relation between Yoga and Ayurveda.
2. Concept of health according to Ayurveda and Yoga.
3. Spectrum of Health and dimensions of health as per World Health Organization.
4. Parameters of health as per Yogic Science.
5. Dinacharya – Detailed accounts from Bhrihattraye Samhitas, practical application of Dinacharya in today’s era and Probable Physiological effect of these procedures.
6. Dinacharya according to Yogic science and its relevance in current lifestyle.
7. Ratricharya as per Bhaavamishra.
8. Ritucharya – Classical description from Bhrihattraye Samhitas
9. Preventive & promotive aspect of Ritucharya and need in present Era.
10. Importance of Ritu and Ritusandhi in Yogic practices.
11. Relevance of Deha Shodhana technique with reference to various Ritus as per Ayurveda.
12. Relevance of Deha Shodhana technique with reference to various Ritus as per Yogic science-- Gheranda Samhita.
13. Concept of Vegas, types and the physiology behind each Vega and Vegadharana with respect to Yogic practices.
14. Sadvritta and Achara Rasayana with respect to Yama Niyama according to Yogic texts and its relevance in prevention of diseases and promotion of health.

#### PART B

#### MARKS 50

1. Ahara – as per Charaka, Sushruta and Vagbhata
2. Concept and principles of diet as per yogic science- Hatha Pradipika, Gheranda Samhita, Shiva Samhita.
3. Effect of diet on Sattva, Rajas, Tama and mind according to Shrimad Bhagavadgita.
4. Principles of dietetics; Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers with special reference to Yogic concepts of diet.
5. Rules of food intake according to Charaka, Sushruta and Vagbhata.
6. Pros and Cons of vegetarian and Non vegetarian foods.
7. Viruddhahara – Classical and modern day examples and its impact on health.
8. Concepts of Moksha and Naishthiki Chikitsa as per Charaka and its relevance with Yoga science.
9. Mental Health and the role of Ayurveda and Yoga in it.
10. Concept of Vyadhikshamatva according to Ayurveda and Yoga and the role of Yoga practices in its maintenance and promotion.
11. Role of Yoga in rehabilitation, convalescence and palliative care.
12. Importance of yogic practices in sport performance, decreasing Sports’ injuries and coping with competitive stress
13. Yoga interventions in Community health
14. Different Schools of yoga- Rajyoga, Hathayoga, Mantrayoga, Layayoga,
1. Departmental duties
   a. Duty in OPD and IPD. Acquainting oneself with Yogic Therapeutic Procedures.
   b. Museum development- wall magazine / charts
   c. Regular attendance in Yoga training in the Swasthya rakshan and Yoga OPD
2. Preparation of Yogic Food
3. Yoga and Health Awareness lectures to the community (minimum 5)
4. Organizing and Conducting seven /fifteen day Yoga camps for the community
5. Assessment of Health parameters of the participants pre and post Yoga camps (minimum 5)
6. Participation in observance of International Day of Yoga Programme and its related activities
7. Practice of the following Asanas
   Sukshma Vyayama.
   **Standing Postures**-
   Ardhakati chakrasana, Padahastasana, Ardhachakrasana, Trikonasana, Tadasana, Birasana, Vrikshasana
   **Sitting Postures**-
   Swastikasana, Bhadrasana, Parvatasana, Siddhasana, Padmasana, Vajrasana, Shashankasana, Gomukhasana, Kurmasana, Kukkutasana, Simhasana, Ushtrasana, Paschimottanasana, Suptavajrasana, ArdhamatSyendrasana.
   **Supine Postures**-
   Pavanmuktasana, Sarvangasana, Matsyasana, Halsana, Chakrasana, Shvasana
   **Prone Postures**-
   Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.
8. Practice of Pranayam
9. Uccharit Pranav Pranayam (Om Chanting with Pranayam)
### Distribution of marks (Practical)

1. Records - 10 Marks
2. Yogic Procedures
   - Asana - 30 Marks
   - Shuddhi Kriya- Jala dhouti/ Jala Neti/ Tratak/ Kapalbhati - 10 Marks
   - Pranayam - 20 Marks
3. Viva-voce - 30 Marks

### Reference Books:

1. Patanjal Yoga Sutra – Maharshi Patanjali, Karambelkar
2. Hatha Pradipika – SwatmaramYogendra
3. Gheranda Samhita- Gherand Muni Kaivalyadhamma
4. Shiva samhita – Kaivalyadhamma
5. Yoga Vashishta – Kaivalyadhamma
6. Yoga and Ayurveda - Dr.Rajkumar Jain
7. YogikYogPadhati - BharatiyapakrutikChikitsaPadhat
8. YogikChikitsa - ShriKedarnath Gupta
9. SachitraYogasanDarshika - Dr.IndramohanJha
10. Yoga and Yogikchikitsa - Ramharsha Singh
11. The Foundation of Contemorary Yoga - R.H.Singh
12. Yogadeepeika - Shri. B.K.S. Iyengar
14. Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
15. Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
16. Swasthavritta - Vd.Sakad
19. Swasthavritta – Vd. Patrikar Vijay
20. Swasthavrittavidnyan - Dr.MangalaGowri
21. Positive Health - Dr.L.P.Gupta
22. Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
23. Text book of Swasthavritta - Dr. Ranade, Dr.Bobade, Dr.Deshpande
24. Food and nutrition – Swaminathan
25. Yoga and Nisargopachar- Vd. Prama Joshi
26. Essence of Yoga - Dr.MangalaGowri
27. The essentials of Nature Cure - Dr.MangalaGowri
28. Yogasudha – Dr. Kashinath
29. Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya),
30. SwasthavrittaSamuchaya –VaidyaPtRajesvarDuttaShastri
31. SwasthyaVignyana -Dr.B.G.Ghanekarshastri
32. Swasthvrittavigyan - Dr.Ramharsha Singh.
33. Swasthvrittam - Dr.BramhanandTripathi
34. AyurvediyaSwasthvrittam - Vd.Jalukar
35. SwasthaVigyan - Dr.MukundswaroopVerma
36. Swasthavritta - Dr.Shivkumar Gaud
37. Swasthavritta- Part-I & II- Vd. Mhaiskar, Vd.Vatve
38. Asana, Pranayama, Bandha, Mudra, Panchakosha, Dhyana by Brahma Varchas-Gayatri Parivar.
40. Pranayama by Dr. Sarvesh Kumar Agarawal by choukhamba.

### Reviewed by

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