



(From Academic Year 2012-13 & onwards)

**Syllabus for MD/MS (Ayurved) Preliminary Examination**

**7. SWASTHAVRITTA & YOGA**  
**(Preventive, Social Medicine & Yoga)**

**PAPER-II**

**THEORY- 100 marks**

**PART-A**

**50 marks**

- 01 Importance and relevance of Swasthavritta and Community Medicine. History of community medicine.
- 02 Concept of health and disease as per Ayurveda and Modern Medicine. Various definitions and dimensions of health as per Ayurveda and World Health Organization.
- 03 Relevance of Dinacharya, Ratricharya and Ritucharya in Health Promotion.
- 04 Basic concept of Vega. Concept of Adharaniya and Dharaniya Vega in health promotion and prevention of diseases with examples.
- 05 Concept of Trayopastambha in health promotion and prevention of diseases.
- 06 Concept of nutrition as per Ayurveda and modern science.
- 07 Concept of Vyadhikshamatva. Concept of Bala and Ojas in relation to health.
- 08 Role of Panchakarma in preventive medicine.
- 09 Role of Rasayana in promotion of health and prevention of diseases. Scope of Rasayana in Geriatrics and Reproductive & Child Health.
- 10 The concept of Ashtanga Yoga and its relation to health. Concept of Moksha.
- 11 Basic concepts of Nisargopachara including Panchabhautika Chikitsa.

**PART-B**

**50 marks**

- 01 Concept of Janapadodhwamsa and tools of its prevention.
- 02 Principles of Epidemiology. Definitions in infectious disease epidemiology.
- 03 Concept of disease control and intervention strategies.
- 04 Levels of disease prevention
- 05 Basic principles of Samkramak Vikara- causes, modes of disease transmission, epidemiological triad
- 06 Principles of Health Education
- 07 Environmental Health- concept of water, soil and air purification as per Ayurveda and modern science.

- 08 Introduction to Meteorology
- 09 Role of Swasthavritta in maternal and child health care.
- 10 National Population Policy, National Health Policy as per Alma Ata Declaration and Role of Ayurveda therein.
- 11 Role of Swasthavritta in communicable and non-communicable diseases and life style disorders.
- 12 Biomedical waste management.
- 13 National health programmes.

### PRACTICAL

**100 marks**

#### **Contents:**

- 01 Duty in OPD and IPD with regard to Pathyapathya, Yoga and Nisargopachar
- 02 Preparation of different Kritanna Kalpana
- 03 **Practice of the following**
  - A. Pratimarsha Nasya
  - B. Anjana
  - C. Kavala and Gandusha
  - D. Abhyanga
  - E. Udvartana
  - F. Prayogika Dhoomapana
  - G. Matra basti
- 04 Health awareness lectures to the community (minimum 5)
- 05 Participation in observance of National & International days related to health.
- 06 Proficiency in performing the following Asanas
  - 1) **Standing Postures-** Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, Trikonasana
  - 2) **Sitting postures-** Swasthika, Gomukha, Padmasana, Vajrasana, hadrasana, hashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, rdhamatsyendrasana, Siddhasana.
  - 3) **Supine Postures-** Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana.
  - 4) **Prone postures-** Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

#### **Distribution of marks (Practical)**

- |    |  |            |
|----|--|------------|
| 01 | Records  | - 20 Marks |
| 02 | Long Procedures (Pathya Kalpana Preparation-Kritanna Kalpana)  | - 20 Marks |
| 03 | Short Procedures (Nasya, Kavala, Gandusha etc.) dinacharya upakramas   | -10 Marks  |
| 04 | Spotting - Aahar dravyas, Family Planning Devices, Vaccine / Serum and Models/Specimens, Naturopathic and Yogic specimens etc. | -10 Marks  |
| 05 | Yogasana   | -25 Marks  |
| 06 | Viva-voce  | -20 Marks  |

#### **Format of Question Paper**

##### **PART -A**

Q. No.	Nature of Questions	Division of Marks	Total Marks
1	L.A.Q.	15x2	30 Marks
2	S.A.Q. Attempt any 4 out of 5	5x4	20 Marks
		<b>Total</b>	<b>50 Marks</b>

##### **PART-B**

Q. No.	Nature of Questions	Division of Marks	Total Marks
1	L.A.Q.	15x2	30 Marks
2	S.A.Q. Attempt any 4 out of 5	5x4	20 Marks
		<b>Total</b>	<b>50 Marks</b>

b. Two short cases (10x2) (yoga and Naturopathy advice each)	-20
3. Spots on instrument /equipment /medicine /solve a problem (10 spotsx1)	-10
4 .Dissertation presentation	-25
5. Viva voce	- 30

### Reference books-

1. Relevant portions of Charak, Sushruta, Vagbhata (Ashtanghrudaya), Ashtang
2. Samgraha, sarangadhara, bhavprakasha, madhavidan, yogaratnakar, bhela
3. Samhita with the respective commentaries
4. Swasthavrittassamuchaya- Vaidya pt. RajesvarDuttashastri
5. Swasthyavidhyana- dr. B. G. Ghanekarshastri
6. Swasthavritta - Dr. Shivkumar Gaud
7. Swasthavrittavigyan - Dr. Ramharsha Singh
8. Swasthavrittam- Dr. Brahmanandtripathi
9. Swasthyavidhyana - Dr. Mukundswaroopverma
10. Ayurvediyahitopdesha- Vd. Ranjitraidesai
11. AyurvediyaSwasthavrittam- Vd. Jalukar
12. Swasthavritta - Vd. Sakad
13. Patanjalyagadarshan
14. Hathayogpradipika- Swatmaramyogendra(kaivalyadhama)
15. Gherandsamhita
16. Shiva Samhita - kaivalyadhama
17. Yoga & Ayurveda - Dr. Rajkumarjain
18. Patanjali yoga sutra - karamnelkar
19. Patanjali yoga darshanarthabhartiyamanasshastra-kolhatkar
20. Yogikyogpadhati- Bhartiyaprakrutichikitsapadhat
21. Yogikchikitsa - Shrikedarnath Gupta
22. Sachitrayogasandarshika- Dr. Indramohanjha
23. Yogadeepika- Shri. B. K. S. Iyengar
24. Positive health- Dr. L. P. Gupta
25. Yoga & yogichikitsa- Ramharasha Singh
26. The foundation of contemporary yoga - R. H. Singh
27. Yogasidhantaevumsadhna- H. S. Datar
28. Light on yoga - Shri. B. K. S. Iyengar
29. Light on pranayama- Shri. B. K. S. Iyengar
30. Light on Patanjaliyoga sutra- Shri. B. K. S. Iyengar
31. Biogenic secretes of food in Ayurveda - Dr. L. P. Gupta
32. Preventive & social medicine - J. K. Park
33. Community medicine - Baride&Kulkarni
34. Preventive & social medicine - Mahajan
35. Preventive & social medicine - B. N. Ghosh

- 36.Preventive & social Medicine - Gupta
- 37.Janasankhyashikshasidhantaevumupadeshya- S. C. Seel
- 38.. Health & family Welfare - T. L. Devraj
- 39.Text book of Swasthavritta - Dr. Ranade, Dr. Bobade, Dr. Deshpande
40. Biostatistics - B. K. Mahajan
41. Reddy's comprehensive guide to Swasthavritta - Dr. P. Sudhakar Reddy
- 42.Swasthavrittavigyan - Dr. Mangalagauri
- 43.Swasthavrittavigyan - Vd. Patrikarvijay
- 44.Swasthavritta - Vd. Yashwantpatil&vd. Vhawal
- 45.Food & nutrition - swaminathan
46. Yoga &Nisargopachar' - vd. Pramajoshi
47. Yoga a gem for women (English &hindi) - geeta s Iyengar
48. Asana pranayama mudra bandha- swami satyanandasarswati
- 49.The science of yoga - Dhirendrabramhachari
- 50.Prakrutikchikitsavigyan - Verma
- 51.Prakritichikitsa - kedarnath Gupta
- 52.Prakrutikichikitsavidhi-Sharan Prasad..