



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

(From Academic Year 2010-11 & onwards)

Syllabus for MD (Ayurved) Final Examination

SWASTHAVRITTA

LECTURES-400

PRACTICALS-250

Aims and objectives

1. To impart and in-depth knowledge of Swasthavritta.
2. To create quality teachers in Swasthavritta.
3. To create quality researchers in Swasthavritta.
4. To create Community physicians in Ayurveda.
5. To create experts in Yoga and Naturopathy.
6. To create experts in Health Planning and Health resort management.
7. To create experts in health education and Health promotion.

PAPER - I

Vaiyaktika Swasthavrittam Sadvrittam Cha **(Personal Hygiene and Moral Hygiene)**

1. Concept of holistic health according to Ayurveda.
2. Spectrum of health, Iceberg phenomenon of diseases, dimensions of health.
3. Dinacharya – Detailed description by Charak, Sushrut, Vagbhata (Ashtanga hridaya), Ashtang sangraha and Bhavamishra.
4. Possible Physiological effect of different dinacharya upakrama.
5. Ratricharya – Bhavamishra.
6. Ritucharya – Classical description by Charak, Sushrut, Vagbhata (Ashtanga hridaya), Ashtang sangraha Bhela Samhita and Bhavamishra.
7. Ritus prevalent in various Indian states.
8. Ritu pattern in various continents of the world.
9. Day and night pattern in various countries. Circadian cycle.
10. Shodhana Schedule for Ritus.

11. Concept of Vegas, types and physiology behind each vega, vegadharana and Vegaudirana
12. Concept of Trayopstambha.
13. Ahara – Classical food items in Charak, Sushrut, Vagbhata (Ashtanga hridaya), Ashtang sangraha, Sharngadhara and Bhavaprakash Nighantu.
14. Ahara vargas and comparison with today's food items.
15. Staple diet of various States of India.
16. Staple diet of various countries and correlation with their climate.
17. Principles of dietetics. Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers as per Ayurved and modern science.
18. Food intervention in malnutrition, under nutrition and over nutrition and specific deficiencies.
19. Rules of food intake according to Charak, Sushrut and Vagbhata.
20. Pros and Cons of vegetarian and Non vegetarian foods.
21. Viruddhahara – Classical and modern day examples.
22. Pathya - Apathya in accordance to Ahara and Vihar in different diseases.
23. Nidra – Ayurved and modern aspects.
24. Concepts of abrahacharya.
25. Sadvritta – Compare Charak, Sushrut and Vagbhata.
26. Pragyaparadha – Causes, effects and solution.
27. Achara Rasayana.
28. Rejuvenation for Swasthas (Kamya Rasayana, vatatapika Rasayana)
29. Aphrodisiacs for Swastha (Vajikarana)
30. Role of Ayurveda in Mental Health.
31. Immunity– Modern and Ayurvedic concepts.
32. Disinfection – Principles and practice.
33. Principles of Health Education
34. Genetics and Ayurveda
35. Applied aspect of Swasthavritta.
36. Identification and prevention of food adulteration.

PAPER -II

Roganutpadaniyam Samajikam Cha Swasthavrittam **(Community Health)**

1. Concept of community health.
2. Concept of Prevention according to Ayurveda.
3. Concept of prevention, Levels of prevention and stages of intervention.
4. Web of causation of diseases, Multifactorial causation.

6. Ecology and community health.
7. Disinfection practices for the community – Modern and Ayurvedic.
8. Immunization programmes- Possible contribution of Ayurveda.
9. Environment and community health (Bhumi, Jala, Vayu, Prakasha) Ayurveda and modern aspect.
10. Waste Management
11. Occupational Health, Ergonomics, Role of Ayurveda in ESI and W.H.O programmes.
12. Medical Entomology and Medical Parasitology.
13. School Health Programme.
14. Demography and Family Planning.
15. Role of Ayurveda in Family Planning and Modern concept of Contraception.
16. Old age problems in community. Role of Ayurveda in Geriatrics.
17. Care of the disabled and Importance of Tertiary prevention.
18. Life Style disorders (Non Communicable diseases) in community and the role of Ayurveda in them.
19. Health tourism
20. Ayurvedic Resort Management
21. Medical Sociology.

PAPER - III
Samkramaka Rog Pratishedham
(Epidemiology of Communicable Diseases)

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadodhwamsa.
3. Epidemiology of Communicable diseases including newer emerging diseases.
4. Investigation of an Epidemic
5. Control of Epidemics.
6. Immunization Programmes
7. Ayurvedic method of Community immunization
8. Sexually Transmitted Disorders and their control
9. Health advice to travellers.
10. Hospital, Isolation ward and bio medical waste management
11. General investigations for Communicable diseases
12. Health administration under Ministry of health & Family welfare, Health administration under Central and State Government.
13. AYUSH, its administration, functions and programmes.
14. Disaster management

16. Bio Statistics

17. Introduction and detail study of All National Health Programmes and Role of Ayurved in national health programmes.

PAPER - IV
Yoga and Nisargopachara

1. Development of Yoga according to different period
2. Schools of Yoga
3. Rajayoga – philosophy of Patanjali according to Yogasutras
4. Hathayoga - according to Hathayoga pradipika and Gheranda Samhita
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Physiological effect of Yoga on different systems of Body
7. Concept of Sthula, Sukshma and Karana Sharirs
8. Concept of Panchakoshas
9. Concept of Shad chakras and Kundlini
10. Therapeutic effect of yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Piles, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Headache, Juvenile Delinquency, Mental retardation, Depression, Neurosis, Sexual Dysfunction, Uterine Disorders, Cancer.
11. Yoga in ayurveda (Charaka Sharirsthana adhaya 1 and 5)
12. History of Nature Cure.
13. Basic Principles of Western School of Nature Cure
14. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana
15. Different types of Massage and their therapeutic effects
16. Elements of Acupuncture and Acupressure.
17. Chromotherapy
18. Magnetotherapy
19. Methods of Nature Cure in various diseases.
20. Principles of Physiotherapy.