

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, SADVRITTAM YOGASCHA

PART A

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 Bhrihatrayee 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 Bhavamishra.
8. Ritucharya – Classical description from Bhrihatrayee 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.
15. Clinical importance of Achara Rasayana, Nitya Rasayana and Sadvritta 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 Bhagvadgita.
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 Naishtiki 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,
15. Concepts of Ashtanga, Chaturanga, Saptanga, Shadanga Yoga.
16. Teaching methods for Yogic practices.

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 (mimimum 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, Ardchachakrasana, Trikonasana, Tadasana, Birasana, Vrikshasana

Sitting Postures- Swastikasana, Bhadrasana, Parvatasana, Siddhasana, Padmasana, Vajrasana, Shashankasana, Gomukhasana, Kurmasana, Kukkutusana, Simhasana, Ushtrasana, Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana.

Supine Postures- Pavanmuktasana, Sarvangasana, Matsyasana, Halsana, Chakrasana, Shavasana

Prone Postures- Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.
8. Practice of Pranayam
9. Uccharit Pranav Pranayam (Om Chanting with Pranayam)
10. Practice of Hasta Mudras-Jnana, Chin, Pranava, Prithvi, Varun, Agani/Surya, Vayu (Prana, Vyana, Udana, Samana, Apana), Shunya, Hridaya, Linga.



Distribution of marks (Practical)

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

Reference Books:

1. Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
2. Hatha Pradipika – SwatmaramYogendra
3. Gheranda Samhita- Gherand Muni Kaivalyadhama
4. Shiva samhita – Kaivalyadhama
5. Yoga Vashishta – Kaivalyadhama
6. Yoga and Ayurveda - Dr.Rajkumar Jain
7. YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
8. YogikChikitsa - ShriKedarnath Gupta
9. SachitraYogasanDarshika - Dr.IndramohanJha
10. Yoga and Yogikchikitsa - Ramharsha Singh
11. The Foundation of Contemporary Yoga - R.H.Singh
12. Yogadeepika - Shri. B.K.S. Iyengar
13. YogasidhantaevumSadhna - H.S.Datar
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
17. Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
18. Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
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.
39. Teaching methods for Yogic practices by Kaivalyadhama.
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