CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE FINAL YEAR 9. M.D. (AYU) SWASTHAVRITA

* TEACHING HOURS FOR THEORY SHALL BE 100 HOURS PER PAPER. ** TEACHING HOURS FOR PRACTICAL SHALL BE 200 HOURS.

PAPER I MARKS 100

VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA (PERSONAL AND MORAL HYGIENE)

- 1. Role of Swasthavritta in socio cultural, developmental and environmental aspects of health.
- 2. Study of indicators of health—mortality indicators, morbidity indicators, disability rates and nutritional status indicators.
- 3. Dinacharya Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
- 4. Practical application of Dinacharya in today's era and probable physiological effect of these procedures.
- 5. Ratricharya Bhavamishra and other classics.
- 6. Study of Day and night pattern in various countries and its relevances to the status of health.
- 7. Ritucharya Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita and Bhavamishra.
- 8. Preventive & Promotive aspects of Ritucharya and its need and importance in present Era, Importance of Ritusandhi and Yamadamshtra.
- 9. Ritu Shodhana technique with reference to various Ritus, its method and mode of action in disease prevention.
- 10. Relevance of Vegadharana and Udirana in disease manifestation and Management.
- 11. Ahara Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara and Sharngadhara.
- 12. Aharavargas and their comparison with todays' food items.
- 13. Dietetics intervention in malnutrition, under nutrition and over nutrition as per Ayurveda and modern science.
- 14. Rules of Dietetics according to Charaka, Sushruta and Vagbhata.
- 15. Pros and Cons of vegetarian and non vegetarian foods.
- 16. Viruddhahara Classical and modern day examples and its impact on health.
- 17. Knowledge about Assessment of nutritional status of individual and community.
- 18. Pathya Apathya in various diseases as per Ayurvedic classics viz. Jwara, Pandu, Raktapitta, Gulma, Prameha, Hridroga, Shosha, Unmada, Apasmara, Kamala, Udara, Shwasa, Kasa, Hikka, Agnimandya, Ajirna, Atisara, Grahani, Amlapitta, Pravahika, Arsha, Kushtha, Mutrakrichchrra, Ashmari, Vidradhi, Shotha, Visarpa, Vatavyadhi, Vatarakta, Shiro-Karna-Nasa- Mukha- Netra Roga.
- 19. Ayurvediya Ahara, Aushadha Kalpana in relation with nutraceuticals and nutragenomics (Prakruti Anurup Ahara).
- 20. Food adulteration, methods for detecting, controlling food adulteration and its legislative control.
- 21. Role of Nidra, Brahmacharya, Abrahmacharya in maintenance of health and causation of diseases and their management.
- 22. Sadvritta Description of Charaka, Sushruta and Vagbhata. Clinical importance of Achar Rasayana, Nitya Rasayana and Sadvritta in prevention of dieses & promotion of health
- 23. Rasayana -- its utility in health and disease condition.
- 24. Scope of Vajikarana in health. Pathya Apathya Kalpana and Vihara for Vajikarana.
- 25. Role of Ayurveda in mental health.

- 26. Vyadhikshamatva Ayurvedic, Modern concepts and its practical implementation.
- 27. Concept of genomics in relation with status of health.

PAPER II 100 MARKS

SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)

- 1. Ayurvedic aspect of social health.
- 2. Vyadhi Sankarya as a causative factor of a Vyadhi. Web of causation of diseases, multifactorial causation.
- 3. Natural history of diseases. ICD- International Classification of Diseases.
- 4. Ecology and community health. Impact of bio-geo-chemical cycle (impact of changing global nitrogen cycle on human health)
- 5. Environment and community health (Bhumi, Jala, Vayu their Shuddhikarana and Prakasha, Shabda, Vikirana)
- 6. Disinfection practices for the community Ayurvedic and Modern .
- 7. Immunization programmes. Possible contribution of Ayurveda. E.g. Suvarnaprashana, Karnapalibhedana etc.
- 8. Housing Standards. Description of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
- 9. Disposal of Wastes- refuse, sewage. Methods of excreta disposal in sewered and unsewered areas. Disposal of dead body.
- 10. Management of biomedical waste. Biomedical waste act- 1998, 2016.
- 11. Occupational Health. Role of Ayurveda in Occupational health, in ESI and other Government sectors.
- 12. Medical Entomology- Arthropods of medical importance and their control measures.
- 13. Medical parasitology and control in relation to communicable diseases.
- 14. School Health Services and possible contribution of Ayurveda.
- 15. Demography and Family Planning. Recent developments in family planning measures and contribution of Ayurveda.
- 16. Family Welfare Programme and the role of Ayurveda in it.
- 17. Old age problems in community. Role of Swasthavritta in Geriatric care.
- 18. Role of Ayurveda in palliative, rehabilitative and convalasence care.
- 19. Life Style disorders and Non Communicable diseases in community and the role of Ayurveda in them.
- 20. Medical Sociology.- adolescent health, social and behavioral problems, its policy for prevention and control, public relation, doctor patient relationship and hospital sociology.

PAPER III 100 MARKS

SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYA PRASHASANAM (EPIDEMIOLOGY AND HEALTH ADMINISTRATION)

- 1. Modern Concept of Epidemiology
- 2. Critical evaluation of Janapadoddhwamsa.
- 3. Clinical epidemiology of different communicable diseases, re- emerging and newer diseases and the role of Ayurveda in them.
- 4. Investigations for communicable diseases
- 5. Sexually Transmitted Diseases and their control
- 6. Ayurvedic view of Samkramaka Rogas.
- 7. Investigation and control of an Epidemic and probable role of Ayurveda in it.
- 8. Host Defenses.

- 9. Notifiable diseases and procedure for notification and other formalities.
- 10. Ayurvedic concept of health maintenance for travelers.
- 11. Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.
- 12. AYUSH- aims, objectives, structure, function and health policies.
- 13. National Health Programmes and possible contribution of Ayurveda in them.
- 14. Health administration in India.
- 15. National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyana.
- 16. National and International Health Agencies and their activities.
- 17. Disaster management
- 18. Statistics related with Infectious diseases at International, National and State levels.
- 19. Vital Statistics.

PAPER IV 100 MARKS

YOGA EVAM NISARGOPACHARA (YOGA AND NATURE CURE)

- 1. History and evolution of Yoga
- 2. Nirukti and definitions of yoga
- 3. Rajayoga (Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
- 4. Hathayoga according to Hatha Pradipika, Gheranda Samhita and Shiva Samhita.
- 5. Karmayoga Philosophy according to Bhagavad Gita
- 6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
- 7. Concept of Sthula, Sukshma and Karana Shariras
- 8. Concept of Panchakoshas
- 9. Concept of Shat Chakras, Nadis and Kundalini. Signs of Nadishuddhi.
- 10. Physiological effect of Yoga on Body and mind ancient and modern concepts.
- 11. Suryanamaskara and its effect on health.
- 12. Shat Krivas and its physiological their therapeutic effects.
- 13. Therapeutic effect of Yogic practice in the following diseases Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Headache, Juvenile Delinquency, Mental Retardation, Depression, Neurosis, Sexual Dysfunction, Gynecological, Uterine Disorders, Cancer, Addiction.
- 14. Utility of Yoga in Rehabilitation and the usage of props...
- 15. Yoga in Ayurveda –Concept of Moksha, Tools for Moksha, Naishthiki chikitsa, TattvaSmriti, Satyabudhhi, YoginamBalamAishwaram, Mukta Atmalaxana (Charaka Samhita Sharirasthana chapter 1 & 5)
- 16. History of Nisargopachara.
- 17. Basic Principles of Indian School of Nature Cure Panchabhuta Upasana and its therapeutic effects and utility.
- 18. Basic Principles of Western School of Nature Cure.
- 19. Different types of Mud therapy, Hydro therapy, Helio therapy and Chromo therapy Massage and excise therapy, fasting and relaxation therapy and their therapeutic effects and utility.

SCHEME OF PRACTICALS DURATION: - 02 YEARS

- **1**. Health promotive and protective practices of Dinacharya procedures viz. Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana, Abhyanga, Udvartana
- 2) Practical Demonstration of Yoga
- a)Sukshma and Sthula Vyayama
- b)Suryanamaskara
- c) Aasanas:

Sitting Position

- 1. Padmasana
- 2. Swastikasana
- 3. Siddhasana
- 4. Bhadrasana
- 5. Gomukhasana
- 6. Vajrasana
- 7. Suptavajrasana
- 8. Simhasana
- 9. Paschimottanasana
- 10. Ardhamasytendrasana
- 11. Ushtrasana

Supine position:

- 1. Shavasana
- 2. Uttananpadasana
- 3. Sarvangasana
- 4. Halasana
- 5. Karnapidanasana
- 6. Naukasana
- 7. Matsyasana
- 8. Setubandhasana
- 9. Prone position:
- 10. Makarasana
- 11. Niralmbasana
- 12. Shalabhasana
- 13. Bhujangasana
- 14. Dhanurasana
- 15. Mayurasana

Standing position:

- 1. Tadasana
- 2. Utkatasana
- 3. Vrikshasana
- 4. Ardhakaticharasana
- 5. Trikonasana
- 6. natarajasana

d) Mudra

- 1) Viparita karani
- 2) Yoga Mudra
- 3) Shanmukhi Mudra
- 4) Brahma Mudra
- 5) Ashwini mudra

e) Bandha

- 1) Jalandhara, Uddiyana, Mula Bandha
- **f) Shuddhikriya** Jala Neti, Sutra Neti, Jala Dhauti, Trataka, Shankhaprakshalana, Kapalbhati- Vyutkrama and Shitkrama Kapalbhati, Nauli.



g) Pranayama

Nadishudhhi- AnulomVilomPranayama,

h) Kumbhaka Bhedas

- 1) Suryabhedana
- 2) Ujjayi,
- 3) Bhastrika,
- 4) Bhramari
- 5) Sheetali
- 6) Sitkari

i) Dhyana

3) Practical Demonstration of Naturopathy procedures

- a. Mruttika Snana (Mud Bath)
- b. Mruttika Patti (Mud Pack)
- c. Pada and Hasta Snana (Foot and Arm bath)
- d. Bashpasnana (Steam bath)
- e. Avagahana (Immersion bath)
- f. Prishthasnana (Spinal bath)
- g. Katisnana(Hip bath)
- h. Alternate hot and cold bath
- i. Water packs
- j. Deferent massage techniques
- k. Sun Bath techniques
- Relaxation techniques QRT (Quic Relaxation Technique), IRT (Instant Relaxation Technique), DRT (Deep Relaxation Technique).

4) Long case sheets for Pathya, Apathya, Yoga and Nisargopachara advice to

a) Non communicable diseases 10

(Proforma attached as Annexure 'A'/ 'E')

b) Communicable diseases 10

(Proforma attached as Annexure 'B')

c) Garbhini Paricharya 10

(Proforma attached as Annexure 'C'

d) Mal Nutrition treatment cases 10

(Proforma attached as Annexure 'D')

5) Departmental Practicals

- 1) Danta dhavana
- 2) Anjana
- 3) Nasya
- 4) Gandusha
- 5) Kavala
- 6) Dhoompana DhumavartiNirmana

6) Educational Visits-

The brief report of each visit (Minimum 10 compulsory) should be written by student in a journal (Duly signed by Guide and HOD)

- 1) Water Purification Centre
- 2) Milk Dairy
- 3) Industry
- 4) Leprosy Centre
- 5) T.B. Centre
- 6) Yoga Centre
- 7) Naturopathy Centre
- 8) Primary Health Center
- 9) Disposal of Waste Unit
- 10) Sewage Disposal Unit
- 11) Psychiatric Hospital
- 12) Isolation Hospital
- 13) A.R.T. Centre

- 14) Food and Drug Administration Centre
- 15) District /Civil Hospital

7) Field Work

a) Community Health Survey (Minimum 10 forms) -

(Proforma attached as Annexure 'F')

b) School Health Check-up (Minimum 10 forms)

8. Departmental duties: Regular Attendance as-

- 1. Duty in OPD and IPD
- 2. Museum Development
- 3. Yoga training for Self, Swastha and patients.
- 4. Departmental Seminars
- 5. Research Journal /Article Reviews(Minimum 2)
- 6. Submit minimum 2 papers in any publications.
- 7. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
- 8. Health Awareness talk for public.
- 9. Daily diary- Log book

Annexure 'A'
PROFORMA
(Non - Communicable Disease case)
A] General Information :
1. Name of the Patient:
2. Age :yrs. 3. Sex : Male/Female 4.Religion :
5. Date of Admission :
6.Address :
7. Occupation : 8. Education :
9. Per Capita income :Rupees.
10. Socio economic class (Modified)
B] Present illness:
Chief complaints (chronological order):
C] History of past illness :
1. Similar complaints in past :
2. Any other significant history :
D] History of illness in Family :
1. Type : 2. Composition :
3. Similar illness in family: Yes /No If yes, give details:
E] Life Style and personal history: 1. Occupation & Manual World / Table World Field World Administration (Any other (Specify))
1. Occupation: Manual Work /Table Work/ Field Work/ Administration /Any other (Specify)
 Muscular exertion (occupational / domestic etc.) Minimum / Moderate /Heavy Exercise: Nil / Walking / Running / Jogging/ Cycling / Swimming / Weight Lifting/
Anyother specify
4. Mental Stress &Strain: Occupational/ domestic/ any other specify
5. Hobby , Recreation :
6. Diet :
a. Veg / Non Veg / Mixed
b. Total calorie intakecalorie /day
adequate / inadequate/ excess
c. Fat :
adequate / inadequate/ excess
Vegetable / Animal fats
Predominantly saturated / unsaturated
d. Spice & Hot foods (Specify)

e. Regularity in taking meals f. Type of diet: balanced / Non balanced (Give reason)	
7. Sleep and rest: adequate / inadequate	
8. Habits & addictions	
Smoking: Yes / No /Past Smoker	
If yes: Type /duration /quantity/ frequency.	
Alcohol: Yes / No /Past Alcoholic	
If yes: Type /duration /quantity/ frequency.	
Any Other: Specify, give details.	
F] General Examinations :	
G] Systemic Examination :	
RS/CVS/CNS/PA:	
H] Diagnosis:	
i. Provisional :ii. Differential :	
I] Investigations :	
Investigation done:	
Any further investigations required :	
J] Final Diagnosis :	
K] Management :	-
Drug therapy (give details) :	
Diet modification :	
Health Education / Life Style modification :	
Follow up:	
L] Prevention & Control Measures	
Primary Prevention :	
Tertiary Prevention :	
Sign.of Student	Sign. of Guide
Date :-	
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Annexure 'B'

PROFORMA (Communicable Disease case) A] General Information: 1. Name of the Patient : _____ _____yrs. 3. Sex : Male / Female 2. Age : 4. Date of Examination: 5.Address : : _____ 6. Locality: Urban - Slum / Non-Slum /Rural/Other (Specify) (years/months) 14. Total No. of Family Members: _____ 15. Total Family income: _____ 16. Per Capita income per month: _____ 17. Socio-economic Status (As per _____classification) : _____ B] Chief Complaints (In Chronological order) C] H/O Present illness : D1 H/O Past illness: i. Similar complaints in past: ii. Any other significant history: E] History of illness in the family : F] Personal History a. Dietary: b. Immunization :

G] Environmental history (Pertinent to the route of transmission)

- i] Water Supply ii] Excreta Disposal iii] Drainage iv] Cattle
- v] Pet animals, Poultry vi] Housing condition vii] Over Crowding
- viii] insect nuisance ix] Courtyard of house etc.

H] Epidemiological information (Backward tracing of index case.)

- i. Any similar case in the family / neighborhood / School / Place of recreation / any other
- ii. History of attending to similar case if yes, when ?
- iii. History of visiting any unaccustomed place if yes, When ? ______
- iv. Total contacts ______v. High risk contacts. ______

 I] Provisional Diagnosis (with justification in brief) _____

- J] Differential Diagnosis : ______

K] Investigation Done:

c. Habits:

- a. If yes, reports & your comments. _
- b. Other investigations required (with reason) if any. L] Final Diagnosis : _____

1 Chemotherapy / Other drugs (Specify with name, dose schedule, route of administration,
duration of treatments and precautions if any)
2. Diet modification
3. Personal Hygiene
4. Health Education
5. Any other (Specify)
6. Follow up :
N] Preventive & Control Measures at
a. Family Level
i. Chemoprophylaxisii. Immunization (Active / Passive)
ii. Immunization (Active / Passive)
iii. Personal Hygiene (specify)
iv. Chemical disinfections of (Specify)
concentration, quantity, technique, contact period, way of disposal of disinfected material
v. Follow up
vi. Care of Contacts
b. Community Level
i. General Intervention measures ii. Specific measures against the illness
ii. Specific measures against the lilness
iii. Any other (Specify)
c. National Level
programmes.
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PROFORMA		
(Ante-natal case)		
A] General Information :		
2) Name :		
3) Age :	_ yrs.	
4) ANC Registered: Yes/No If	f yes, place/date/month of registration	
5) Education of pt	Occupation of pt Occupation of pt Occupation of Husband Total family income (as per Modified_	
6) Education of Husband	Occupation of Husband	
7) No of family members	Total family income	Rs/month
8) Socio-economic class	(as per Modified	_classification)
9) Address :		
B] Complaints - if any:		
C] Menstrual History : Mena	rche, cycles-day/month, regularity, flow e	tc.
L. M. P	E.D.D. * 97	
D] Obstetric History:	DICHE TO PAGE	
Gestational	ED	
Age (wks)	111 12 - 23. 19 10	
Type of	1,60 1 31 1	
Delivery	3, 1501	
Hosp./	18/16	1
Home	7	1
Conducted		
Ву	/ // **	
Baby alive/stillborn/ abortion		
Live birthinterval		7
Use of contraceptives(specify)		
1.		
2.		
E] Family History:		/
	0.	
	on/ Diabetes/ S.T.D./T.B./Leprosy etc.	
G] Personal History : Bowel	I/Bladder/Sleep/Appetite/Habits/Addictions	s etc.
Immunization status: Tetanu	s toxoid / Any other (specify)	
a) For current pregnancy	*****	
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b) For previous pregnancy	NEW DEIH	
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Nutritional status (based on C	Calorie Intake, other nutrients, anthropome	etry etc.)
H] General Examination:		
		mm of Hg
	dema/ Lyphadenopathy. any other (specif	
· Cleanliness of : Skin /Nails/H	Hair/Clothes/Eyes/Ears/Nose/Oral Cavity /	breasts & Nipples
etc.		
I] P/A Examination:		
· Ht. of uterus/presentation ar	nd lie of foetus /Head-floating or engaged,	/foetal
movements/FHS/ Any other (s	specify)	
J] Systemic Examination:		
RS/CVS/CNS		
K] Investigations: - Urine: /	Albumin/sugar/microscopic/culture.	
- Hb % Blood grouping & cros	ss matching/VDRL/HIV/Blood Sugar	
- Any other (specify)		

L] Clinical impression:

· Whether high risk? If yes, mention the risk factors._____

M] Advice to the Patient and Management:

- · Immunization/Diet/Supplementary nutrition/personal hygiene/preparation for motherhood/drugs given (if any) / Warning signals/fallow up visits
- · Whether the patient/ family members are availing services from Anganwadi / Other Community Health Centre / Private Health Agency? If yes Give details.

· Give details of referral in high risk cases.

N] Follow up:

Findings & Remarks (including advice) ____

During subsequent visits (mention the date of visits)

O) Comments:

Sign. of Student Sign. of Guide

Date:-



Annexure 'D'

PROFORMA

MALNUTRITION CASE (UNDER FIVE YEARS AGE) A] General Information :

A] General Information :
iDate of Examination :
ii Name of the informer & his/her relationship with the child (case)
1. Name of the child :
2. Date of birth:3.Age:4.Sex: Male/Female
5. Caste / Religion .
6. Address :
7. Whether the child is attending Balwadi/Nursery etc. :
8. FatherMother
I. Name :
II. Age :
III. Education:
IV. Occupation :
V. Income: 9. I Total number of family members and family composition
9. I Total number of family members and family composition
II. Total family incomeRupees per month III. Per Capita IncomeRupees per month
III. Per Capita IncomeRupees per month
IV. Socio economic Status as perclassification
B] C omplaints (if any):
C] History of Present illness :
D] History of Past illness (if any) :
E] Family history :
F] Birth history of the case :
i. Place of delivery : Home/ Hospital /Other (Specify)
ii. Delivery conducted by : Untrained or trained Dai / Nurse / Doctor etc
iii. Type of delivery : FTND/ Pre mature/SFD/Assisted delivery etc
iv. Congenital anomaly: if any give details.
G] Anthropometry
i. Weight:Kgs. ii. HeightCms. iii. Chest CircumferenceCms
iii. Chest CircumferenceCms. Iv. Head CircumferenceCms
iv. Mid arm CircumferenceCms.
H] Immunization History
i. B.C.G./ OPV/ DPT/Measles/Any other give details
ii. Immunization card available : Yes / No.
I] Dietary History
i. Breast feeding : Yes/ No
a. If yes: Only breast feed or weaning started b. If weaped: Age at weaping type of weaping foods etc.
b. If weather . Age at weathing, type of weathing roods etc.
c. If not breast feed: At what age breast feeding stopped? (give reason if any)
ii. a. Total calorie intakeCalorie /day
b. Total Protein intakegram/day
iii. Calorie / Protein deficient if any : Yes/No.
If yes mention percent of deficient
If yes mention percent of deficient
J] General Examination :
1) Built, nourishment & general appearance
2) TPR 3) Pallor 4) Icterus 5) Cyanosis 6) Lymphadenopathy
7) Oedema 8) Dehydration 9) Eyes 10) Ears
11) Face, Nose, Lips & Tongue 12) Teeth gums oral cavity 13) Skin, nails hair
14) Rachitic changes. 15) Any other (specify)
K] Systemic Examination :RS/CVS/PA/CNS/Gonads

L] Milestones of growth & development

Physical / Psychological/ Motor / intellectual / behavioral/ Social Milestones : Normal/ Augmented / Delayed

M] Provisional diagnosis / Differential Diagnosis :

Date :-

N] Investigations :	
O] Diagnosis :P] Management, Advise and Comments :	
Sign.of Student of Guide	Sign.



Annexure 'E'

PROFORMA

PathyaApathya, RutuShodhan, Yoga &Nisargopachar Advice to Patients of Attached Hospital.

A) General Information:-

1) Sr. No. :	
2) Name of the Patient :	
3) Address : IPD NO	
4) OPD No. :IPD NO	
6) Date of Advice:	
B) A dvice given	
a) Pathya - Apathya	
i. Ahar :	
II. VINAT :	
b) RutuShodhanUpakrama :	
c) Yogopachar:	
d) Nisargopachar:	
C) D ate of follow up :	
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D) Remarks:	
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ANNEXURE 'F'

HEALTH SURVEY

Name and address of the family head-

Telephone no.

Family profile

Family Structure

Age(in completed	Male	Female	Total
years)			
<1 yr(infants)			
1-5yrs			
6-15yrs			
16-64yrs			
>65 yrs	CINE:	K 277	

Family Composition

Family type: Nuclear/Joint/Three generation

Total members:

Sr.no	Name	Age in years	Sex	Marital status	Education	Occupation	Income	Medico social status
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		3	V. (6)	B	((1))	VA		
		13	1/					

Immunization status (if relevant)

Per capita monthly income=Total family income/no. of members

Socioeconomic Class

Medico Social Status

Infant	Leprosy	Disability
Children under 5yrs	HIV/STD	Mental retardation
Pregnancy	Cancer	Psychiatric problem
Lactation	Diabetes	Alcohol addition
Old age	BP/Cardiac problem	Social evils

Living Conditions (Housing)

Sr.No.	Housing standards	Score :1 for satisfactory criteria 0 for poor criteria
1.	Construction :Locality, Safety ,Protection	
2	Space :Spatial sufficiency to prevent overcrowding	
3.	Light and Ventilation	
4.	Water : Adequacy , accessibility and safe storage of water	
5.	Sanitation : Washing, bathing, toilet facilities, sanitary disposal of kitchen waste ,garbage and excreta	
6.	Kitchen : Facilities for hygienic cooking and storage of food, smoke outlet	
7.	Environment Disturbances: Noise, air pollution ,weather Inclemency toxic fumes, dust ,odour ,moisture, open drain etc. Vector like fly ,mosquito ,rodent and other nuisance	
8.	Animals: Pet, cattle, poultry keeping	
9.	Cleanliness of persons and premises	
10.	Connectivity : Road ,transportation ,communication, schools, hospital cultural ,social, recreational ,fire, police ,etc	

Assessment of living condition: Score: 6-10 Satisfactory, 0-5 Poor

Vital Events in the Family in last 1 year Birth: Adoption: Marriage/Divorce: Death with cause: Social status of the Family Education: Occupation: Living condition: Social relationship: Socioeconomic status:

Health Status of the Family - Good/Average/Poor

Which pathy family members prefer for treatment- Allopathy/Ayurvedic/Homeopathy

Epidemiological History for Communicable Diseases

1 .Name of disease:

2 .Any similar case in the family: Yes/No

3. Any similar case in neighborhood: Yes/No

4. Any contact with similar case: Yes/No

Family (Hereditary) History For Non-communicable Diseases

Non-communicable disease: Present/Absent

If yes, specify:

SIGN OF STUDENT SIGN OF GUIDE

Format of Practical / Oral Examination

Sr. No.	Heading of Practicals	Marks
1	Daily work book-Log book	10
2	Case Record Sheets	20
3	One Long Case (Pathya-Apathya advice)	20
4	One Short Case (Yoga and naturopathy advice)	10
5	Yoga Demonstration	20
6	Microteaching/Topic presentation	10
7	Thesis Presentation	50
8	Viva Voce	60
	Total	200

Reference Books

- 1) Relevant portions of Charak, Sushruta, Vagbhata (AshtangHrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan&Yogaratnakara, Bhela Samhita with the respective commentaries
- 2) SwasthavrittaSamuchaya -VaidyaPtRajesvarDuttaShastri
- 3) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 4) SwasthvrittaVigyan Dr.Ramharsha Singh.
- 5) Swasthvrittam Dr.BramhanandTripathi
- 6) AyurvediyaSwasthvrittam Vd.Jalukar
- 7) SwasthaVigyan Dr.MukundswaroopVerma
- 8) Swasthavritta Dr.Shivkumar Gaud
- 9) Swasthavritta- Part-I & II- Vd. Mhaiskar, Vd. Vatve
- 10) Ayurvediya Hitopdesh 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) HathaPradipika SwatmaramYogendra
- 18) GherandSamhita- Gherand Muni
- 19) Shiva samhita Kaivalyadhama
- 20) Yoga and Ayurveda Dr.Rajkumar Jain
- 21) YogikYogPadhati BharatiyaprakrutikChikitsaPadhat
- 22) YogikChikitsa 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
- 37) Reddy's Comprehensive Guide to Swasthavritta -Dr.P.Sudhakar Reddy
- 38) Swasthavritta Vd Yeshwant Patil and Vd. Vhawal
- 39) Swasthavritta Vd. Patrikar Vijay
- 40) Swasthavrittavidnyan Dr. Mangala Gowri
- 41)Positive Health Dr.L.P.Gupta
- 42)Biogenic Secretes 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) Yogic sukshmavyayam –Swami Dheerendra Brahmachari
- 47)Integrated approach of Yoga therapy for Positive Health-Dr R Nagarathna and Dr H.R.Nagendra
- 48) Yogavasistha

Reviewed by

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- 2. Dr. Arpan Bhatt
- 3. Dr. Medha Kulkarni