

# **CENTRAL COUNCIL OF INDIAN MEDICINE**

## **POST GRADUATE PRELIMINARY 9. M.D. (AYU) SWASTHAVRITA (PREVENTIVE, SOCIAL MEDICINE & YOGA)**

### **PAPER II**

- \* TEACHING HOURS FOR THEORY SHALL BE 100 HOURS.**
- \*\* TEACHING HOURS FOR PRACTICAL SHALL BE 100 HOURS.**

**THEORY- 100 MARKS  
PRACTICAL AND VIVA-VOCE - 100 MARKS  
(50 MARKS)**

### **PART A**

1. Contribution of Swasthavritta in Community Medicine ( Public Health).
2. Comparison of Concept of Swastha according to various Ayurvedic Samhitas.
3. Applied aspect of Swasthya, based on various parameters described in Samhitas.
4. Details of definition and dimensions of health and parameters for its evaluation as per World Health Organization.
5. Relevance of Dinacharya, Ratricharya and Ritucharya in health promotion and prevention of diseases in modern day scenario and different occupations. (Importance of Niyat Kala Vihara-Dincharya, Ratricharya and Ritucharya in prevention of diseases. )
6. Applied aspect of Adharaniya and Dharaniya Vega in health promotion and prevention of diseases with examples. (Importance of Aniyat Kala-Vegdharana, Vega Udirana, Shodhana, Brumhana, Bhutadyasparshana. )
7. Details of Ahara and Poshana as per Samhitas and its role in changing diet patterns of present era.
8. Nidra as per Ayurvedic classics. Effects of changing patterns of sleep on health.
9. Concept of Brahmacharya , Abrahmacharya and its relevance in present era.
10. Concept of Bala and Ojas in relation with Vyadhikshamatva .
11. Importance and relevance of Ritu Shodhana.
12. Role of Rasayana in promotion of health and prevention of diseases. Scope of Rasayana in Geriatrics and Reproductive & Child Health.
13. The concept of Ashtanga Yoga and its relation to health.
14. References about Yoga in Ayurvedic classics.
15. References about Ayurveda in Yoga classics.
16. The phenomenon of disease manifestation based on Adhi and Vyadhi as per Yoga Vashishtha and its relevance with Therapeutic Yoga.
17. Applied aspect of Pancha Mahabhutas in Nature Cure.

### **Part B**

**(50 MARKS)**

1. Janapadodhdhwamsa and measures of its prevention.
2. Principles of Epidemiology and its application.
3. Concept of disease control and stages of intervention.
4. Role of Swasthavritta and Yoga in prevention of communicable diseases.
5. Role of Swasthavritta and Yoga in prevention of non-communicable diseases.
6. Levels of disease prevention.
7. Kriya Kala and its importance in disease prevention.
8. Basic principles of Sankramaka Vikara - causes, modes of disease transmission, epidemiological triad.
9. Principles of Health Education and its role in community health maintenance and promotion.
10. Environmental health - concept of water, soil and air purification as per Ayurveda and Modern Science.
11. Newer threats to Environment – including plastic, e-waste, radiation and global warming.
12. Importance and relevance of Meteorology in Swasthavritta.
13. Role of Swasthavritta in Maternal and Child Health care.
14. Role of Swasthavritta and Yoga in Sports' Medicine.

15. National Population Policy, Importance of Family Planning Methods in National development. Ayurvedic methods of birth control (Yoga Ratnakara).
16. National Health Policy as per Alma Ata declaration.

## PRACTICAL

1. Departmental duties
  - a. Duty in OPD and IPD with regard to Ayurveda Dinacharya, Ritucharya, Pathyapathya, Yoga and Nisargopachara.
  - b. Museum development- wall magazine / charts
  - c. Regular attendance in Yoga training in the Swasthya Rakshana and Yoga OPD.
2. Practice the following daily regimens
  - a. Pratimarsha Nasya
  - b. Anjana
  - c. Kavala and Gandusha
  - d. Abhyanga
  - e. Udvartana
  - f. Prayogika Dhoomapana
  - g. Matra Basti
3. Preparation of different Krittanna Kalpanas
  - a. Laja Manda
  - b. Mudga, Kulatha, Chanaka Yusha
  - c. Shali and Nartaki Peya
  - d. Shali, Dashamoola Yavagu
  - e. Shali Vilepi
  - f. Krishara
  - g. Nimbu Panaka
  - h. Payasa
  - i. Godhuma/Yava/Nartaki Roti
4. Health Awareness lectures to the community (mimimum 5)
5. Assessment of Swasthya (Mimimum 5 cases)
6. Participation in observance of National & International days related to health.
7. Practice of the following Asanas:  
**Yogic Shukshma and Sthula Vyayama.**  
**Standing Postures-** Ardhakatichakrasana, Padahastasana, Ardchhakrasana, Trikonasana  
**Sitting Postures-** Swastikasana, Siddhasana, Padmasana, Vajrasana, Bhadrasana, Gomukhasana, Shashankasana / Shashakasana, Ushtrasana, Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana  
**Supine Postures-** Shavasana, Pavanmuktasana, Sarvangasana, Matsyasana, Halsana, Chakrasana,  
**Prone Postures-** Makarasana, Shalabhasana, Bhujangasana, Dhanurasana.
8. Practice of Pranayama.
9. Uccharit Pranava Pranayama (Om Chanting with Pranayama).

## Distribution of marks (Practical)

1. Records - 10 Marks
2. Preparation of Kritanna Kalpanas - 20 Marks
3. Dinacharya procedure - 10 Marks
4. Spotting (10) Aahar dravyas, Family Planning Devices, Vaccine/Serum and Models /Specimens, Naturopathic and yogic Specimens. - 20 Marks
5. Yogasana and Pranayam - 10 Marks
6. Viva-voce - 30 Marks

### Reference Books:

- 1) Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidana &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) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
- 17) HathayogPradipika – 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 Contemporary 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) Dr.Me Kay Khau? \_Dr.M.S.Kulkarni
- 40) Swasthavrittavidnyan - Dr.MangalaGowri

- 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) Essence of Yoga - Dr.MangalaGowri
- 47) The essentials of Nature Cure - Dr.MangalaGowri
- 48) Yogasudha – Dr. Kashinath

Reviewed by

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

