

**DETAILED SYLLABUS FOR THE POST OF ASSISTANT  
PROFESSOR IN SWASTHAVRITHA IN AYURVEDA MEDICAL EDUCATION**

(Cat.No. 119/2021)

**10 marks per each module.**

**MODULE- I DINACHARYA, SADVRITTA, RITUCHARYA**

Dinacharya - Explanations by Charaka, Sushruta, Vagbhata and Bhavamishra.

Practical application of Dinacharya in today's era and probable physiological effect of these procedures.

Sadvritta by Charaka, Sushruta and Vagbhata

Ratricharya - Descriptions by Bhavamishra and other classics.

Study of Day and night pattern in various countries and its relevance to the status of health.

Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita and Bhavamishra.

Preventive & Promotive aspects of Ritucharya and its need and importance in present Era, Importance of Ritusandhi and Yamadamshttra.

Ritu Shodhana technique with reference to various Ritus, its method and mode of action in disease prevention.

**MODULE - II VEGAPALANA, AHARA-NIDRA-BRAHMACHARYA**

Relevance of Vegadharana and Udirana in disease manifestation and Management.

Ahara - Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara and Sharngadhara.

Aharavargas and their comparison with today's food items.

Dietetics intervention in malnutrition, under nutrition and over nutrition as per Ayurveda and modern science.

Rules of Dietetics according to Charaka, Sushruta and Vagbhata.

Pros and Cons of vegetarian and non vegetarian foods.

Viruddhahara - Classical and modern day examples and its impact on health.

Knowledge about Assessment of nutritional status of individual and community.

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, Mutrakrichchra, Ashmari, Vidradhi, Shotha, Visarpa, Vatavyadhi, Vatarakta, Shiro-Karna-Nasa- Mukha- Netra Roga.

Ayurvediya Ahara, Aushadha Kalpana in relation with nutraceuticals and nutragenomics (Prakriti Anurupa Ahara).

Food adulteration, methods for detecting, controlling food adulteration and its legislative control.

Role of Nidra, Brahmacharya, Abrahmacharya in maintenance of health and causation of diseases and their management.

### **MODULE - III JANAPADODHWAMSA, VYDHIKSHAMATVA, RASAYANA - VAJEEKARANA FOR SWASTHA**

Janapadodhwamsa - Causes, Manifestations and solutions.

Host Defences - Modern concepts and methods related to immunity. Immunization programmes.

Vyadhikshamatva - Ayurvedic concepts and its practical implementation.

Concept of genomics in relation with status of health.

Rasayana -- its utility in health and disease condition.

Clinical importance of Achar Rasayana, Nitya Rasayana

Scope of Vajikarana in health. - Pathya Apathya Kalpana and Vihara for Vajikarana.

Role of Ayurveda in mental health.

### **MODULE - IV EPIDEMIOLOGY OF COMMUNICABLE DISEASES**

Modern Concept of Epidemiology

Clinical epidemiology of different communicable diseases in detail.

Emerging and re- emerging communicable diseases and the role of Ayurveda in them.

Investigations for communicable diseases

Sexually Transmitted Diseases and their control

Ayurvedic view of Samkramaka Rogas.

Investigation and control of an Epidemic and probable role of Ayurveda in it.

Notifiable diseases and procedure for notification and other formalities.

Ayurvedic concept of health maintenance for travellers.

Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.

### **MODULE - V ENVIRONMENT AND HEALTH, BIO MEDICAL WASTE MANAGEMENT**

Role of Swasthavritta in socio cultural, developmental and environmental aspects of health

Study of indicators of health—mortality indicators, morbidity indicators, disability rates and nutritional status indicators.

Ecology and community health. Impact of bio-geo-chemical cycle (impact of changing global nitrogen cycle on human health)

Environment and community health (Bhumi, Jala, Vayu their Shuddhikarana and Prakasha, Shabda, Vikirana)

Disinfection practices for the community - Ayurvedic and Modern aspects.

Immunization programmes. Possible contribution of Ayurveda. E.g. Suvarnaprashana, Karnapali bhedana etc.

Housing Standards. Description of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)

Disposal of Wastes- refuse, sewage. Methods of excreta disposal in sewerred and unsewerred areas. Disposal of dead body.

Management of biomedical waste. Biomedical waste act- 1998, 2016.

Arthropods of medical importance and their control measures. Medical parasitology and control in relation to communicable diseases.

## **MODULE - VI PRIMARY HEALTH CARE NATIONAL HEALTH PROGRAMMES, AYUSH, NAM**

Primary health care, its aim and objectives and implementation in India.

Ayurveda in Primary Health Care.

Various National Health Programmes

Possible contributions of Ayurveda in National programmes.

AYUSH- aims, objectives, structure, function and health policies.

Health administration in India.

National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyan

## **MODULE - VII DEMOGRAPHY, FAMILY PLANNING, RCH, SCHOOL HEALTH**

Demography and Family Planning.

Family planning methods.

RCH programme. Antenatal, Intranatal, Postnatal and Neonatal care.

Recent developments in family planning measures and contribution of Ayurveda.

Care of children - infant, toddler and adolescent.

School Health Services and possible contribution of Ayurveda

Medical Sociology.- adolescent health, social and behavioural problems, its policy for prevention and control, public relation, doctor patient relationship and hospital sociology.

## **MODULE - VIII OCCUPATIONAL HEALTH, GERIATRICS, INTERNATIONAL HEALTH**

Occupational Health. Role of Ayurveda in Occupational health, in ESI and other Government sectors.

Old age problems in community. Role of Swasthavritta in Geriatric care.

Role of Ayurveda in palliative, rehabilitative and convalescent care.

National and International Health Agencies and their activities.

Disaster management

International Health Agencies and their functions

Statistics related with Infectious diseases at International, National and State levels.

Vital Statistics.

## **MODULE - IX NON - COMMUNICABLE DISORDERS**

Life Style disorders / Non Communicable diseases in community - Descriptions in Modern science.

Ayurvedic approach to Lifestyle disorders

Role of Swasthavritta in the management of Lifestyle disorders

Utility of Nature cure techniques such as Mud therapy, Hydro therapy, Heliotherapy, Chromo therapy, Massage, fasting and relaxation therapy in lifestyle disorders.

## **MODULE - X YOGA**

Rajayoga - (Ashtanga yoga) philosophy of Patanjali according to Yogasutras.

Hathayoga - according to Hatha Pradipika, Gheranda Samhita and Shiva Samhita.

Karmayoga - Philosophy according to Bhagavad Gita 6. Mantra yoga, Laya yoga, Jnanayoga and Bhaktiyoga.

Concept of Sthula, Sukshma and Karana Shariras

Concept of Panchakoshas

Concept of Shat Chakras, Nadis and Kundalini. Signs of Nadishuddhi.

Physiological effect of Yoga on Body and mind - ancient and modern concepts.

Suryanamaskara and its effect on health.

Shat Kriyas and its physiological their therapeutic effects.

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, Gynaecological, Uterine Disorders, Cancer, Addiction. 14. Utility of Yoga in Rehabilitation and the usage of props.

Concept of Moksha, Tools for Moksha, Naishthiki chikitsa, Tattva Smriti, Satyabudhhi, Ashta Aishwarya, Mukta Atma lakshana

***NOTE: - It may be noted that apart from the topics detailed above, questions from other topics prescribed for the educational qualification of the post may also appear in the question paper. There is no undertaking that all the topics above may be covered in the question paper***