3.2 SWASTHAVRITTA & YOGA

Theory-Two papers - 100 marks each (200)

Practical / Viva voce -100 marks

Lectures –200 Hrs

Practical’s and demonstration – 100 Hrs

PART A- VAIYAKTIKA SWASTHAVRITTA 50 marks

Introduction

Definition of swastha & swasthya and swasthayavritta. Arogya lakshana, swasthayavritta prayojanam, WHO definition of health.

Dimensions of health-Physical, Mental, Social.

Concept of wellbeing- objective, subjective, standard of living, quality of life.

2 Dinacharya


Applied aspect of Dinacharya

3. Rathricharya

1. Sandhya charya 2. Rathri bhojana vidhi 3. Shayanavidhi according to Bhavamishra |

4. Ritucharya

1. Importance of ritucharya 2. Ritu presentation as per different acharyas 3. Adana kala & visarga kala 4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu 5. Doshashodhana in
Ritu Charya 6. Relation of Agni bala and Ritu 7. Pathya and Apathya Ahara and Vihara in different ritus 8. a) Ritusandhi b) Yamadamsthra c) Rituharitaki d) Rituviparyaya

**Applied aspect of Ritucharya**

5. Sadvritta
Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.

**Trayopastambha**

i) Ahara

ii) Nidra-
Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara
and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.

iii) Brahmacharya –

Roganutpadaniya-
Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan. Rasayana for Swastha-Nirukti, paribhasha(definition ), classification and examples Ashta nindita purusha Menstrual hygiene

Part B (YOGA AND NISARGOPACHARA) 50 marks

YOGA

Introduction
Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvami Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa.

Panchakosha Theory
Astanga yoga
Pranayama

Shatkarma
Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati

Bandhas and Mudras
Shad chakras, Ida-pingala-sushumna nadis.

Pratyahara, Dharana, Dhyana, Samadhi
Description of Yoga in Ayurveda Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.

NISARGOPACHARA (Prakritika chikitsa)
Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhubopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era.

Jalachikitsa (hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.

Mrittika chikitsa (Mud therapy) Types of soil, doctrine of mud selection, mud bath. Suryakirana sevana (sun bath - heliotherapy) Mardana (Massage) – different methods and effects.

Diet types – Soothing, Elimininate, Constructive, Positive and negative diet, Acidic and alkaline diet

Upavasa chikitsa (Fasting therapy) – Importance, types, therapeutic effects of fasting.
Visrama chikitsa upayoga
PAPER II – SAMAJIKA SWASTHAVRITTA

Part A

50marks

Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.

Vayu (Air)

Jala (Ayurvedic and modern aspects)
Importance of water, safe and wholesome water, water requirements, properties, types and sources of water, water pollution and health hazards, Methods of water purification. Hardness of Water. Examination, Tests and analysis of water. Rain water harvesting and water recycling

Bhumi and nivasa sthana(Land and housing)
Types of soil, soil & health, Land pollution, Bhumi shodhana, Nivasa yogya bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.

Prakasha(lighting)
Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.

Dhwani pradooshana(Noise pollution)
-Noise, Sources, effects, & control

Vikirana(Radiation)- sources, effects and control
Apadravya Nirmulana (Disposal of solid waste)
Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste
(Rural & urban) Bio-medical waste management

Malanishkasana Vyavastha (Excreta Disposal)
Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals
Disposal of dead body – Burial, Burning, Electric cremation.

Meteorology (Ritu evam Vatavarana jnanam)
Definition of weather and climate, factors influencing weather and climate.
Disaster management
Definition, natural and man-made disasters, epidemiologic surveillance and disease control.

Occupational Health

School health services
Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment

Epidemiology
Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation,

Epidemiology of communicable Diseases
Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis, Typhoid, Leptospirosis, Dengue Fever,
Chikungunia, Malaria, Filariasis, Leprosy, Rabies, Tetanus, Emerging and re-emerging diseases
Kuprasangaja vyadhi (STDs) AIDS, Syphilis, Gonorrhoea, Chanchroid

Non-communicable disease epidemiology
Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer

Chikitsalaya Bhavana (Hospital Building)

Part B 50 marks

Prathamika swasthya samrakshana (Primary Health Care)
Definition, principle, elements, levels of health care. Structure at village, sub centre, PHC, CHC, Rural hospital levels. Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care.

Parivara kalyana Yojana (Family welfare Programmes)–
Demography, demographic cycle, life expectancy. Family planning, methods of family planning.

Matru sishu kalyana Yojana – MCH programme
Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.

Preventive geriatrics – Problems of elderly, prevention and control measures.

World Health Organization – Objectives, structure and functions.

International health agencies–
United Nations agencies, Health work of bilateral agencies.

Alma Ata declaration

National Health Policy

Swasthya prashasana(Health Administration) –

Health administration at Central including AYUSH, state, district, village levels.

National health programmes

Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI), Diabetes (NDCP), Cancer (NCCP), Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme.

National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes

PRACTICALS

Demonstration of Dinacharya procedures-
Anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvarttana, Parichaya of aharadravya, immunization agents, disinfectants and family planning devices Practical demonstrations of Asanas mentioned in the syllabus Pranayama (Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi) and Shad karmas(Jala dhauti, Jalaneti, Sutraneti, Trataka, Kapalabhati). Preparing and delivering of a health educational talk on health related issues. A short compilation on any topic on environmental health.

Educational Visits

- Observe the functioning of the Milk Dairy,
- Water purification unit,
- Sewage treatment unit, MCH/Family welfare centre,
- Leprosy hospital and industrial unit.
- Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health.
- Visit of rural Ayurvedic dispensary.
- Visit to naturopathy centre to observe naturopathic treatment modalities.

Health survey- Minimum 5 families of rural and urban areas. There should be 3 case sheets for Yoga Naturopathy & pathya apathy together and 3 case sheets for communicable diseases.
Practical and Viva Voce examination

Marks distribution

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<td>7. Internal Assessment</td>
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Reference Books:

1. Relevant portions of Charaka, Sushruta, Vagbhata, Sarpagadha, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.
2. Swasthavritta Samucchaya - Pandit Rajeshwar dutt Shastri
3. Swasthya Vigyan - Dr. Bhaskar Govind Ghanekar
4. Swasthya Vigyan - Dr. Mukund swarup Varma
5. Swasthavritta - Vaidya Sakad
6. Swasthavritta - Dr. Ranade and Dr. Firke
7. Ayurveda Hitopadesh - Vaidya Ranjit Rai Desai
8. Yoga and Ayurved - Acharya Rajkumar Jain
9. Swasthavritta vigyan - Dr. Ramharsha Singh
10. Swasthavrittam - Dr.Brahmanand Tripathi
11. Swasthavrittam - Dr. Shivkumar Gaud
12. Ayurvediya Swasthavritta - Vaidya Jalukar Shastri
13. Patanjala yogasutra - Patanjali Maharshi
14. Hathayogapradipika - Swatmaram Yogendra
15. Gheranda samhita - Gherand Muni
16. Yoga Paddhati - Bharatiya Prakritik Chikitsa Parishad
17. Yogik Chikitsa - Shri. Kedar Nath Gupta
18. Sachitra Yogasan darshika - Dr. Indramohan Jha
19. Yoga deepika - Shri. B.K.S. Iyengar
20. Light on Yoga - Shri. B.K.S. Iyengar
21. Light on Pranayama - Shri. B.K.S. Iyengar
22. Yoga and yoga chikitsa - Dr. Ramharsha Singh
23. Foundations of Contemporary Yoga - Dr. Ramharsha Singh
24. Yoga Sidhant evam Sadhana - Harikrishna Shastri datar
25. Prakritik chikitsa Vidhi - Sharan Prasad
26. Prakritik chikitsa vigyan - Verma
27. Preventive and Social Medicine - J. Park
28. Preventive and Social Medicine - Baride and kulkarni
29. Janasankhya Shiksha Sidhanta - Dr. Nirmal Sahani Evam upadesya
30. Health Administration in India - S.C.Seel
31. Health and family welfare - T.L.Devaraj
32. Positive Health - L.P. Gupta
33. Biogenic Secrets of food in Ayurveda - L.P.Gupta
34. Smriti granthon mein nihit - Dr. Smt. Nigam Sharma Swasthaprakara samagri
35. Dr. Reddy’s comprehensive guide - Dr.P.sudhakar Reddy
36. Swasthavritta Nutritive value of Indian foods - ICMR
37. Yoga and Nisargopachar - Vd. Prama Joshi
38. Prachin Vangmay mein prakritic chikitsa - swami Anant Bharati,
39. CCRYN Swasthavritta - Vd Yashwant Patil and Vd. Vhawal
40. Food and nutrition - Swaminathan
41. Organology and sensology in yoga -Prashant S Iyengar
42. Yoga-A game for Women -Geeta S Iyengar Yoga-A game for Women(hindi translation)-Madhu Pandey
D.Y.Patil Deemed to be University School of Ayurveda, Nerul Navi Mumbai.
Syllabus of Ayurvedacharya (BAMS)
3rd Professional

3.2 SWASTHAVRITTA & YOGA

Additional topics are included in existing TYBAMS Syllabus

Paper I - Vaiyaktika swasthavrittam sadvrittam cha

1. Applied aspect of Dinacharya

2. Applied aspect of Ritucharya,