

# **Swasthivritta PHD Syllabus**

**Marks-10**

## **1. VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA (PERSONAL AND MORAL HYGIENE)**

- Swasthivritta Prayojana, various aspects and indicators of Health
- Dinacharya, Ratricharya, Ritucharya
- Roganutpadneeya
- Trayopastambha
- Ahara classical food items in samhitas Ahara Varga staple diet food intervention
- Sadvritta
- Rasayana and Vajikarana
- Vyadhikshamatva and Genetics Genomics
- Mental Health

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## **2. SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)**

- Ayurvedic aspect of social health, Vyadhi and International Classification of Diseases
- concept of prevention
- Ecology and community health, Disinfection, Immunization programmes
- Disposal of Wastes, Management of biomedical waste, Disposal of dead body.
- Housing Standards- Aaturalaya (hospital), Sutikagara, Kumaragara,
- Panchakarmagara and Mahanasa (Kitchen) and Occupational Health
- Medical Entomology & Medical parasitology
- School Health Services, Demography, Family Planning, Family Welfare Programme
- Geriatrics, palliative, rehabilitative and convalescence care.
- Life Style disorders, Non-Communicable diseases, health tourism and Medical Sociology.

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## **3. SAMKRAMAKA ROGA PRATISHEDHAM (EPIDEMIOLOGY)**

- Modern Concept of Epidemiology, Janapadodddhwamsa,
- Clinical epidemiology and the role of Ayurveda in them.
- Investigations for communicable diseases, Sexually Transmitted
- Diseases and their control, Ayurvedic view of Samkramaka Rogas, vyadhikshamatva.
- Investigation and control of an Epidemic and probable role of Ayurveda in it.
- Host Defenses, bio medical waste, Notifiable diseases and procedure for notification
- Ayurvedic concept of health maintenance for travelers.
- Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.

**4. SWASTHYA PRASHASANAM (HEALTH ADMINISTRATION)**

- AYUSH- aims, objectives, structure, function and health policies.
- National Health Programmes and possible contribution of Ayurveda in them.

- Health administration in India.
- National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyana.
- National and International Health Agencies and their activities.
- Disaster management
- Statistics related with Infectious diseases at International, National and State levels.
- Vital Statistics.

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#### **5. YOGA EVAM NISARGOPACHARA (YOGA AND NATURE CURE)**

- History, evolution, Nirukti & definitions of yoga
- Different Streams of Yoga
- Panchakosha, Shatchakra, Suryanamaskar & Shatkriya
- Therapeutic effect of Yogic practice in the various diseases
- Yoga in Ayurveda (Concept of Moksha, Tools for Moksha, Naishthiki chikitsa, TattvaSmriti, Satyabudhhi, Yoginam Balam Aishwaram, Mukta Atmalaxana)
- History of Nisargopachara and Basic Principles of Indian School of Nature, Cure – Panchabhuta Upasana and its therapeutic effects and utility with Basic Principles of Western School of Nature Cure.
- 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.