

## **SWASTHAVRITTA**

**Theory- Two papers - 100 marks each**

**Practical / Viva voce -100 marks**

**Lectures –200 Hrs**

**Practicals and demonstration – 100 Hrs**

### **Paper-I**

#### **PART A- VAIYAKTIKA SWASTHAVRITTA**

**50 marks**

##### **Introduction**

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

Dimensions of health-Physical, Mental, Social.

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

##### **Dinacharya**

1. Definition of Dinacharya
2. Aims and importance of dinacharya
3. Brahma Muhurta evam Utthana
4. Usha Jalapana
5. Sharirachinta
6. Malatyaga
7. Mukha prakshalan
8. Dantadhavana and preparation of Ayurvedic tooth powder and paste
9. Jihvanirlekhanavidhi
10. Anjana
11. Pratimarsha Nasya
12. Gandusha and Kavala
13. Tambulasevana
14. Dhoomapana
15. Abhyanga
16. Udvartana
17. Utsadana
18. Vyayama
19. Chankramana
20. Snana
21. Anulepana
22. Vastra dharana
23. Danda dharana
24. Padatra dharana
25. Chatra dharana
26. Ushnisha dharana
27. Ratnabharana dharana
28. Madhyahna charya
29. Cosmetic effect of Dinacharya procedures

##### **Rathricharya**

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

### **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

### **Sadvritta**

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

### **Trayopastambha**

**i) Ahara-** Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tajjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam.

Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals.

Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition.

Aharavarga - Dhanya varga(Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga(Fats and Oils), Ikshu varga & Madhya varga(Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types).

#### Food hygiene

Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk.

Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene

Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non- vegetarian diet, Effects of spices and condiments

Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.

**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** – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha(Libido) through Vajikarana, Viryanasa phala.

**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 mahatvam  
Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga.  
Mitahara and Pathyapathyani during Yogabhyasa.

#### **Panchakosha Theory**

##### **Astanga yoga**

Yama, Niyama

Asana and its importance

##### Standing Postures

Ardhakatichakrasana, Padahastasana, Ardhaachakrasana, Trikonasana.

##### Sitting postures

Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana.

##### Supine Postures

Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.

##### Prone postures

Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

Suryanamaskara – procedure and benefits.

#### **Pranayama**

Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yukta-ayukta lakshana

Nadishudhi Pranayama .

Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari

Murcha, Plavini.

Nadishudhilakshana

#### **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 – Panchabhutopasana

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, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet

**Upavasa chikitsa(Fasting therapy)** – Importance, types, therapeutic effects of fasting.

**Visrama chikitsa upayoga**