

PAPER II – SAMAJIKA SWASTHAVRITTA

Part A

50 marks

Janapadodhwamsa

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

Vayu (Air)

Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – Ayurvedic aspect.

Composition of air.

Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort.

Air pollution – health and social aspects, Prevention and control of air pollution ,Global warming.

Ventilation and its types.

Mountain air & High altitude – Health problems

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(lightning)

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

Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act.

Offensive Trades- Effects on health and precautionary measures .

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, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, investigation of epidemic.

Disinfection – definition, types.

Ayurvedic concept of Vyadhikshamatva and sankramaka rogas.

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, Chancroid

Non-communicable disease epidemiology

Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer

Chikitsalaya Bhavana (Hospital Building)**Part B****50marks**

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 Organisation–Objectives, structure and functions.

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

Alma Ata declaration**National Health Policy**

Health statistics- Definition, Sources, uses Data collection, Classification, Presentation.
Vital statistics-Morbidity rates,Mortality rates ,Fertility rates.
Health survey

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.