

Curriculum for PhD in Swasthavritta

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

- Swasthavritta Prayojana, various aspects and indicators of Health
- Dinacharya, Ratricharya, Ritucharya
- Roganutpadneeya
- Trayopastambha- Ahara, Nidra, Bramhacharya
- Sadvritta
- Rasayana and Vajikarana
- Vyadhikshamatva and Genomics

2. SAMAJIKA SWASTHAVRITTAM(COMMUNITY HEALTH)

- Ayurvedic aspect of social health, Vyadhi and International Classification of Diseases
- 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 and Medical Sociology.

3. SAMKRAMAKA ROGA PRATISHEDHAM (EPIDEMIOLOGY)

- Modern Concept of Epidemiology, Janapadodhdhwamsa,
- Clinical epidemiology 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.
- Host Defenses, 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.

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.