Datta Meghe Institute of Medical Sciences (Deemed to be University)

Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha.

Subject: Swasthavritta

Course Outcomes and Programme Outcomes for the course of Swasthavritta

Academic year: - 2019-20 onwards

Paper I

Vaiyaktika Swasthavritta	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. - Define Swastha & Swásthya, signs of health, definition of swasthavritta, Objectives & importance of Swasthvritta, WHO definition of Health, dimensions of health	3	2	3	3	2	1	1
CO -2. – Describe trayopasthambha	3	1	3	2	2	2	1
CO -3. - Describe importance of Bramhacharya	3	1	2	2	2	2	1

Dinacharya (Daily regimen)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe dincharya, aims and importance of dincharya.	3	2	3	2	2	2	1
CO -2. – Define and describe various procedures in dincharya, its types & benefits.	3	2	3	2	2	2	1

Ratricharya (Night Regimen)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe sandhyacharaya, ratribhojan vidhi and shayanvidhi	3	1	3	2	2	1	1

Rutucharya (Seasonal Regimen)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe importance of Rutucharya, ritus as per different acharyas, Adan kal and visarga kal, Name & regimen of six rutus, Sanchaya prakoap prshama of Doshas and their utppatti in ritu, Relation of Agni bala Rutu, Ahar –Vihar, Pathya- Apathya ,Rutu sandhiyamdanshtra , ritu haritaki & rituviparyaya	3	3	3	2	2	3	2
CO -2. – Describe rituparivartan	3	1	1	1	1	1	1

Sadvritta (Code of conduct)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Sadvritta, achar rasayana, their role in prevention of psychosomatic disorders, social aspects of psychology according to ayurveda, concepts of mental health according to ayurveda & modern medicine	3	2	2	1	1	2	1
CO -2. – Describe effects of Sadvritta on body & mind & on community health	3	2	3	1	2	2	2
CO -3. – Describe manas codes of ethics	3	2	1	2	2	2	1

Trayopastambhas	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe swarup, classification of ahar dravyas, aharvidhi vidhan, dwadash aharpravicharna, aharparinamkar bhava, ahar vidhivisheshtayani, pathya & apthaya ahar, samasana, adhyasana, vishamasana, bhojanapachan duration, ahardushtaparinam, tajjanya vyadhaya,santarpanjanya vyadhi, aptarpanajanya vyadhi, virruddhahar	3	2	3	3	2	3	2
CO -2. Describe proximate principles of food, nutritional requirements, balance diet for workers, pregnant and lactating women children, infants, sources and deficiency diseases of proteins, carbohydrates, fats, vitamins, minerals, shadrasbhojan, dietics standards ,national nutrition programmes, social aspects of nutrition	3	3	3	3	2	3	2
CO - 3. – Identify and describe different ahar varga and ayurvedic diet in life style disorders	3	2	3	3	3	2	2
CO - 4. – Define and describe utpatti of nidra, its types, yogya nidra, nidra – swasthya sambandha, duration of nidra, sleep in healthy and diseased persons, properties of yukta nidra, effects of ratri jagarana, diwaswapna, anidra, atinidra, ahara & vihara causing disturbed sleep & sound sleep	3	2	3	2	2	3	2
CO - 5. – Define & describe importance of Brhmacharya & abrhmacharya, Vyavay sambandhi niyam, effects of ativyavya, veeryotpatti, prevention of veerya, surataspraha (libido) through vajeekarana, veeryanasha phala, and menstrual hygiene	3	2	3	2	2	2	2

Roganutpadaneeya	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe roganutpadanaVegas- Dharniya & Adharniya vega, diseases due to vegodharna & their chikitsa, upvasa, rasayana for swasthya, prajnaparadham, sharir rakshanatmak karyani & sharir ahitkara karyani, Sharir shodhanam	3	2	3	2	3	3	2

Yoga	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe Yoga, its objectives, types and eight branches of it	3	3	3	3	3	2	2
CO -2. – Describe literature and development of yoga	3	2	3	3	3	2	2
CO -3. – Describe salient features of Shiva samhita & Gherand Samhita	3	2	3	2	2	2	2

Different streams of yoga	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Hath yoga, Rajyoga, Bhakti yoga, Jnana yoga. with Features & objectives	3	2	2	2	2	2	1
CO -2. – Describe Satyabuddhi , Mukta atma Lakshanani, Nature of Satva-Raja- Tama Gunas and Karma Siddhant	3	1	2	1	1	1	1
CO -3. – Describe Importance of satyabuddhi in achieving Samadhi	3	1	1	1	0	1	1

Eight branches of yoga	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe Yama, Niyama, Asana and its importance, asanas in standing, sitting, supine and prone positions & concept of Mitahara & Pathya-apathya Aahar during Yogasana	3	3	3	3	3	З	2
CO -2. – Define and describe benefits of pranayama, its types, shadchakras, ida, pingala and sushumna, shadkarmani, bandhas and mudras	3	2	3	3	2	2	3
CO -3. – Define and describe Pratyahara, dharana, dhyan, Samadhi	3	2	3	3	2	3	2

Description of yoga in ayurveda	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Manodosha chikitsa, sukha dukha nivritti	3	2	2	2	3	3	2
CO -2. – Describe yoga & moksha, muktama lakshana, moksha lakshana, ashta aiswarya and satyabuddhi	3	2	3	2	2	2	2

Panchkosha theory	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Annamayakosha,	3	2	3	2	2	3	2
pranamayakosha, anadamayakosha,							
manomayakosha, vijnanamayakosha							

Yoga and its packages & Effects	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe integrated approach of yoga therapy	3	2	3	2	3	3	2
CO -2. – Describe yoga package for LBA, obesity, Asthma, Diabetes	3	3	3	3	3	3	3
CO -3. – Describe effect of yoga practice on physical and mental doshas	3	2	3	3	3	3	3

Naturopathy/ Prakrutik chikitsa	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe aims, objectives, importance of naturopathy, relation of Ayurveda & Naturopathy, school of Naturopathy- Western & Indian (Panchbhutopasana), importance in present era.	3	3	3	3	3	3	3
CO -2. – Describe importance of naturopathy in daily life	3	2	3	3	3	3	3
CO -3. – Describe Superiority of naturopathy	3	3	3	3	3	3	2

Jala chikitsa	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe properties, importance, hot water treatment, cold water treatment, various baths abdomen wet pack and enema.	3	2	3	3	3	3	3
CO -2. – Describe different methods of use of water in medicine	3	2	3	3	3	3	3

Mrittika Chikitsa	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe types, properties of soil, its importance in medical practice, Mud packs, mud baths, and doctrine of mud selection	3	2	3	3	3	3	3
CO -2. – Describe role of Mud Chikitsa in practice and Retisnan	3	2	3	3	3	3	3
CO -3. – Describe list of diseases cured by mrittikachikitsa	3	2	3	3	3	3	3

Soorya Kiran Sevan	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe importance, methods, time and types of Soorya kiran sevan	3	2	3	3	3	3	3
CO -2. – Describe side effects of soorya snan and contraindication of sooryasnan	3	2	3	3	3	3	3

Mardana (Massage)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Define and describe types, importance, methods, properties of mardana (massage)	3	2	3	3	3	3	3
CO -2. – Describe effects & results of massage and contraindications of massage.	3	2	3	3	3	3	3

Nisargopchar - Diet	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe aims, principles, importance, dravya and types of diet	3	2	3	3	3	3	3

CO -2. – Describe its benefits, drawbacks and limitations	3	2	3	3	3	3	2
CO -3. – Describe readymade preparations of natural food	3	2	3	3	3	3	2

Upawasa chikitsa (Fasting)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Upwasa chikitsa, its types, its importance in treatment and therapeutic effect	3	2	3	3	3	3	2
CO -2. – Describe complications of long term treatment and complications of upawasa Chikitsa	3	2	3	3	3	3	2

Paper II

Janapadoapdhwansa	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Causes, manifestation, control measures and importance of panchkarma and rasayana	3	2	3	3	3	2	3
CO -2. – Describe vyadhikshamatwa and role of rasayana	3	2	3	3	3	3	3

Vayu	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Vayu guna, Vayu & related health aspects, composition & pollution of air, air of occupied room, discomfort and comfortable zone, air movement, air pollution – health & social aspects, prevention and control of air pollution, Ventilation & its types, types of air purification, mountain air & high altitude – health problems	3	2	3	3	3	2	3
CO -2. – Describe importance of fresh & mountain air	3	2	3	3	3	3	3
CO -3 Describe physiological disorders at high attitude	3	2	3	3	3	2	2
Jala (Water)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Jala Mahatva (importance of water) Sources importance & properties of water, safe and wholesome water, requirement and uses, water pollution, water borne	3	3	3	3	3	3	3

diseases, Purification of water, Softness & hardness of water, water examination, shad jala dosha, water problems in India, rain water and harvesting water recycling							
CO -2. – Describe Horrock's Apparatus, O.T. (Orthotolidine test) chloronome, Chlorine, Bleaching powder, KMnO4, Alum etc	3	2	3	3	3	3	3
CO -3. - Describe different models of water filtration & their working principles available in market	3	2	3	3	3	3	2

Bhoomi (Soil)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe types of soil, soil and health, bhumi shodhana, bhoomi for residence, social goals of housing, housing standards, rural housing, housing and health, overcrowding and pashushala	3	2	3	3	2	3	2
CO -2. – Describe dimensions of rooms, windows, doors	3	2	3	3	2	2	2
CO -3. - Describe general knowledge about vastushastra & in its applied importance in daily happy life	3	2	3	3	3	3	2

Prakash (Light)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe requirement of good lighting, Natural lighting, artificial lighting and biological effects lighting	3	2	3	2	2	2	2
CO -2. – Describe effects of Dim & Bright light on eyes	3	2	3	2	2	2	2
CO -3 Describe side effects of computer on eyes	3	2	3	2	2	2	2

Dhwani pradushana (Noise)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe sources, effects & control of dhwani pradushan (noise pollution)	3	2	3	2	2	3	2
CO -2. – Describe effects of slow & loud noise on ears	3	2	3	2	2	3	2
Vikiran (Radiation)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe sources, effects & control of vikiran (Radiation)	3	2	3	2	2	3	3

Apadravya nirmulana (Disposal of solid waste)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe different types of solid waste, storage and collection of refuse, methods of Disposal of solid waste (rural & urban) and bio medical waste management	3	2	3	2	2	3	2
CO -2. – Describe methods of disposal on large scale	3	2	3	2	2	3	2

Excreta disposal	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe unsewered area, sewered area & latrines for campus, fairs and festivals.	3	2	3	2	2	3	2
CO -2. – Describe diseases spread due to lying excreta	3	2	3	2	2	3	2

Disaster management	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe stages of disaster management.	3	2	3	2	3	3	3

Occupational Health	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Occupational hazards, Occupational diseases, prevention of Occupational diseases, ESI act & factories act, offensive trades – effects on health and precaution measures	3	2	3	2	3	3	3

School health services	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe health problems of School children, aspects of school health services, duties of school medical officer, maintenance of healthful environment.	3	2	3	2	3	3	3
CO -2. – Describe ideal school	3	2	3	2	3	3	3
CO -3. – Describe modern concepts of school education & system	3	2	3	2	3	3	2

Epidemiology	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition, concept of epidemiology transmission, concept of disease, concept of causation , epidemiological triad ,Notification / Isolation and Prevention of infectious diseases	3	3	3	3	3	3	3
CO -2. – Describe visankramana, natural history of disease, risk factors, concept of control, concept of prevention, modes of intervention, incidence and prevalence, dynamics of disease, modes of transmission, susceptible host, host defenses, immunizing agents, disease prevention and control and disinfection.	3	3	3	3	3	3	3
CO -3. – Describe epidemiology of communicable disease – measles, diphtheria, pertussis, mumps, tuberclosis, SARS, influenza, pneumonia, cholera, polio, viral hepatitis, typhoid, leptospirosis, Dengue fever, chikungunya, malaria, filariasis,leprosy, rabbis, tetanus, emerging and re- emerging diseases.	3	3	3	3	3	3	3
CO – 4. - Kuprasangaja vyadhis (STD'S) – AIDS, syphilis, gonorrhoea, chanchroid. Ayurvedic paribhasha of sankramika rogas. Non communicable diseases – Diabetes, obesity, hypertension, coronary heart disease, rheumatic heart disease and cancer.	3	3	3	3	3	3	3

Disposal of the dead body	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Burning, burial, electric cremation of disposal of dead body	3	2	3	3	3	3	2

Chikitsalaya Bhavan (Hospital)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition, Place, Building, Ward- General and special, Surroundings,Operation theatre and labor room	3	2	3	3	2	3	3
CO -2. – Describe Chikitsalaya Bhavan (Hospital)	3	2	3	3	3	2	3

Meterology	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe ritu evam vatavarana jnana	3	2	3	3	3	3	3

Environmental Studies	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe awareness about environmental problems, understanding ecosystems, structure and functions of an ecosystem, the water cycle and the food chain	3	3	3	3	3	3	3
CO -2. – Describe water conservation – rain water harvesting, Urban –rural equity issues The need for gender Equity, climate change, nuclear accident, nuclear hazards and ozone layer depletion	3	3	3	3	3	3	3
CO -3. – Describe human rights-equity nutrition, health and human rights, role of information technology in environment and human health	3	3	3	3	3	2	3
CO - 4. – Describe study of insects – medical Entomology	3	3	3	2	2	3	3

Prathamik Swasthya Samrakshana (Primary Health Care)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition, Set up, Working, Staff pattern of PHC, Functions of PHC and Principles of PHC	3	3	3	3	3	3	3
CO -2. – Describe elements Structure – At village level, Sub centre level, PHC level, CHC level, Hospitals, health insurance, private agencies, AYUSH, voluntary health agencies in India and N.G.O.s.	3	3	3	3	3	2	3
CO -3. – Describe contribution of Ayurvedic system in health care	3	3	3	3	3	3	3
CO - 4. – Describe number of PHC'S & Sub centers in India	3	2	3	3	3	2	2
Parivar Kalyan Karyakram (Family welfare programme)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe demography, Causes of increase in the population & its effect on social life	3	3	3	3	3	3	3
CO -2. – Describe demographic cycle, life expectancy, family planning and methods of	3	3	3	3	3	2	3

family planning							
CO -3. – Describe contraception, Emergency contraception, Mini pills & I.U.C.D	3	3	3	3	3	3	3
CO - 4. – Describe Ayurvedic contraceptives & there ongoing research	3	2	3	3	3	2	3

Rashtriya Karyakram (National Health Programmes)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Tuberculosis (RNTCP), Leprosy (NLEP), AIDS (NACP), Blindness (NPCB), Polio (PPI), Diabetes (NDCP), Cancer (NCCP), National Rural Health Mission (NRHM), National Anti-Malarial Programme, National Filaria Control Programme, Universal Immunizations Programme (UIP), Reproductive and child Health Programme (RCH), National water supply and sanitation Programme and Minimum needs Programme	3	3	3	3	3	3	3
CO -2. – Describe all emerging national health Programmes	3	2	3	3	3	3	3

Matru-Shishu Kalyan Karyakram (Maternal and Child health)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe Ante natal care, post natal care, Neo natal care, Child health problems and Indicators of MCH care	3	3	3	3	3	3	3
CO -2. – Describe vaccination, Examinations of Mother, High risk Mothers	3	2	3	3	3	3	3
CO -3. – Describe various Govt. Scheme such as ASHA & Janani Suraksha Yojana	3	2	3	3	3	2	3

Preventive Geriatrics	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition, types, rasayana,	3	3	3	3	3	3	3
Health problems of the aged, Lifestyle in aged							

International health agencies	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe World Health Organization	3	2	3	3	3	3	2
(Vishwa Swasthya Sangathan) – its objective,							
structure & functions, Alma Atta Declaration,							

National Health Policy & importance of Ayurveda in it, United Nations agencies and Health work of bilateral agencies							
CO -2. – Describe Ayurvedic & other Indian systems of Medicine	3	3	3	3	3	3	3
CO -3. – Describe current years slogan of WHO & name of the directors	3	3	3	3	3	3	3

Swasthya prashasana (Health Administration)	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition, departments of health care, Central level, State level, District level, AYUSH	3	2	3	3	3	3	3
CO -2. – Describe Community development programme, IRDP, ICDS	3	3	3	3	3	3	3

Health statistics	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO -1. – Describe definition of statistics, health statistics, vital statistics, sources & uses of statistics, Data collection, classification and presentation, mean, media, mode, health survey, mortality rates, morbidity rates and fertility rates	3	3	3	3	3	3	3
CO -2. – Describe applications of statistics in clinical practice	3	3	3	3	3	3	3