

Swasthavritha

1. Terms & periodical exams

It is proposed to divide the 1-½ years of professional course into three terms as envisaged by DAME. The three terms, study leave & periodical exams can be as follows:

Term 1 : Classes for 6 months, including examination & result

Term 2 : Classes for 6 months, including examination & result

Term 3 : Classes for 4 months including model examination & result.

Study leave + University Exam for 2 months

University Examination process 2 months

Total : 18 months

- Terminal exams should include viva.
- Examinations should be completed within the period of 18 months as stipulated by CCIM
- Third terminal exam may be conducted as model exam.

II Professional B.A.M.S Syllabus

Swasthavrutha

Vyakhyanani (Lecture hours) – 180 hours

Pradarsanani (Demonstration) – 50 hours

Swasthavrutha Paper I

100 marks

Part A

50 marks

Vaiyakthika swasthavrutha

1. Vyaktigatha swasthya (Personal Hygiene)
Swasthavrutha prayojanam (Benefits of Swasthavrutha)
(S.S. Su.1/14) (C.S Su.5)
(B.P 5/3)

Swasthalakshanam (Definition of Swastha)
(S.S.Su 16/44)
(K.S 5/8)
(C.S.....?)

WHO Definition of Health (Park Ch.2 P.12-26)
Biomedical concept
Ecological concept
Psychosocial concept
Dimensions of health
1. Physical
2. Mental
3. Social
Concept of well being
Objective
Subjective
Standard of living
Quality of life
History of Preventive Medicine (Park Ch.1 P.4-6)
Definition of - Hygiene
- Public health
- Preventive and Social Medicine
- Community medicine

Dinacharya (Daily routine)
(S.V 1/P.14-74)
Brahma muhurtham (Time of awakening)

	(A.S Su. Indu sasilekha 3 Ch.)
	(A.H Su. Sarvanga 2Ch.)
Mukhakshalanam	(Face wash)
Jalapanam	(Drinking of water)
Visarjanam	(Defecation)
Visarjanasthanam	(Place of defecation)
Vadanasaucham	(Oral hygiene)
Dandadhavanam	(Brushing of teeth)
Jihvanirlekhanam	(Tongue cleaning)
Gandooshadharanam	(Gargling)
Anjanam	(Collyrium)
Nasyam	(Nasal application)
Dhoomapanam	(Smoking)
Thamboolasevanam	(Betle chewing)
Vyayamam	(Exercise)
Abhyangam	(oleation)
Udvarthanam	(Massage)
Snanam	(Bath)
Anulepanam	(Application of paste)
Kshouram	(Shaving)
Devapooja	(Praying)
Dhyanam	(Meditation)
Ratricharya	(Night Regimen) (S.V 2/P.75-82)
Sandyacharya	(Evening Regimen)
Bhojanam	(Dining)
Parayanam	(Reading)
Nidra	(Sleep)
Abrahmacharyam	(Sex)
Ruthucharya	(Seasonal Regimen) (S.V 3/P.83-103)
Jaivachakra	(Biological cycle)
Athibhauthika chakra	(Environmental cycle)
Jeevithachakram	(Life cycle)
Bhukthachakram	(Digestive cycle)
Saurachakram	(Solar cycle)
Adana kalam	

Visargakalam	
Hemandacharya	(Early Winter regimen)
Sisiracharya	(Late winter regimen)
Vasanthacharya	(Spring regimen)
Greeshmacharya	(Summer regimen)
Varshacharya	(Monsoon regimen)
Saradcharya	(Autumn regimen)
Thrayopasthambha	(Tri-support) (S.V 4/P.105-133)
Ahara	(Food)
Sayana	(Sleep)
Abrahmacharya	(Sex)
Sadvrutha	(Right conduct) (S.V 5/P.135-149)
Indriya samrakshanam	(Protection of sense faculty)
Vastradharanam	(Dressing)
Dandadharanam	(Holding staff)
Padarakshadharanam	(Foot wear)
Chhathradharanam	(Umbrella)
Bhashanam, Gamanam, Maithri	(Speech, walk and friendship)
Poojayapoojya	(Respected persons)
Satmyasatmya	(Habituated and non-habituated)
Sahasa parivarjanam	(Avoidance of over strain)
Vega	(Natural urges) (S.V 6/P.151-160)
14 types of Vega	
Dharaneeya Vega	(Urges to be controlled)
Upavasa	(Fasting)
Nindinanindida purushah	(Ideal personality) (S.V 6/P.160-173)
Sthoulya	(Obesity)
Atikarsya	(Emaciated)
Prajnaparadham	(Intellectual blasphemy) (C.S Sa.1/)
Sareerasodhanam	(Cleansing of body)
Rakshatmaka karyani	(Preventive measures) (A.H Su. 4/)
Ahithakara karyah	(Unfavorable deeds)
2. Aharavidhi	(Dietetics)

Aharavidhivishesayathanani	(Specific basis of Food regimen)
Ashtavidhaharayathanani	(Eight aspects of food regimen) (C.S Vi. 1/21-22)
Saptaharavidhi	(Seven aspects of food regimen) (A.S Su. 10/2)
Dasavidhi	(Ten conditions in food regimen) (C.S Vi. 1/24-25) (A.H Su. 8/35-38)
Aharakala	(Time of food) (A.H Su. 8/45)
Pathyahara	(Compatible food) (A.H Su. 8/42-44) (C. S. Su. Ch. 4 & 27)
Apathyahara	(Incompatible food) (A.H Su. 8/39-41) (C. S. Su. Ch. 4 & 27)
Bhojana pachanavadhi	(Duration of food digestion) (A.S Su. Bhesjavacharaneeyam)
Aharasya dushparinamam thajja roгах	(Various disease due to impaired digestion) (A.H Su. 8/3-34)
Santharpanjanya vyadhi	(Diseases due to over nutrition) (A.H Su. 14/20-28)
Apatharpanjanya vyadhi	(Diseases due to malnutrition) (A.H Su. 14/29-30)
& Entire portions from A.H-mathrasitheeyam	
3. Aharasya pramanam Poshyam cha (Calorie and nutrition)	
Bhojanasyavayakavayavam (Composition of food) (Park 405- 406)	
Adarsabhojanam	(Balanced diet) (F & N Ch.21-28)
Vyavasayam	(Industrial workers)
Garbhini	(Pregnant women)
Balaka	(Children)
Yoni	(Sources) of (Park 406- 423) & (F & N Ch.2-15)

Probhujana	(Protein)
Karboja	(Carbohydrate)
Vasa	(Fat)
Khanija lavana	(Minerals)
Jivaneeyakatwam	(Vitamins)
Karyaha	(Metabolism)
Abhavajanya vyadhaya	(Deficiency diseases)
Shadrasabhojanasya mahatwam	(Importance of food having six tastes)
	(C.S Vi. 1/20)
Desanurupa poshanasya mana pariksha	(Quantitative variations of food according to places)
Poshanasya samajika parinama	(Social aspect of nutrition)
	(Park 440- 442)
Poshanavishaye rashtriya karyakrama	
(National Nutritional programmes	(Park 447- 450)
4. Aharaparikshanam	(Food inspection)
Food poisoning	
Food adulteration	(Park 442- 447)
Mamsapareekshanam	(Meat inspection)
Dugdha samghatanam pareekshanam cha	
(Composition and Testing of Milk)	
Relevant portions of Annasamrakshneeyam	(A.H Su. 7)
5. Aharadravyani	(Classification of food)
Sakahara Mamsaharayo guna agunani	
(Properties of Vegetables and Non-vegetables)	
Dooshita mamsa sevajanya vyadhaya	
(Diseases due to the consumption of spoiled meat)	
Dugdha sevanam	(Milk)
Mathakadravyanam sareere prabhavaha	
(Effects of Narcotics in the body)	
Bhojane masalebhya adi dravyanam upayoga sareere prabhavam cha	
(Effects of Spices and condiments)	

Madirapanam	(Consumption of Alcohol)
Dhoomapanadinam sareere prabhavaka (Effect of Smoking) Etc....	
Relevant portions of	(A.H Su. 5-6)
6. Nidra	(Sleep)
Yogya nidra sevanavidhi	(Good practices in sleep) (A.S Su. 9)
Nidra swasthya sambandha	(Sleep and health) (S.V 4/P.108-124) & (A.H Su.7)
Ahithanidra	(Improper sleep) (A.S Su. 9)
Nidraya sareerasya pushtathaya pushtataya sambandha	(Relation of Sleep with nourishment)
Nidraya ulpathi	(Sleep generation) (A.S Su. 9)
Nidrabheda	(Types of sleep)
Anidra karana	(Causes of insomnia)
7. Brahmacharya	(Celibacy)
Lakshana	(Definition) (S.V 4/P.125-133)
Brahmacharyasya Upayogitha	(Use of celibacy) (A.S Su. 9)
Mahathwam	(Importance) (A.S Su. 9)
Veeryolpathi	(Generation of sexual potency)
Veeryaraksha	(Protection of potency)
Veeryanasasya phalam	(Effect of impotency)
Sthree ruthucharya & Swasthya	(Menstruation hygiene)
8. Vihara	(Activities)
Dinacharya	(Daily regimen) (repeated)
Rathricharya	(Night regimen)
Ruthucharya	(Seasonal regimen)
Vega sandharana dosha	(Effect of withholding the urges)
Sangathe swasthyayoho pariprabhavah (Effect of withholding the urges on health)	
Sadvrutha	(Rules of good conduct)
Achararasayana	(C.S Chi. 1/4)

Mithyaviharena rogamam samutbhava
(Diseases due to wrong activities)

PART B

50 marks

Sarvajanika evam samjika swasthavrutha (Public and Social health)

1. Vayu (Air) (C.S Su. 12/7)
Guna (Properties) (C.S Su. 12/8)
(C.S Sa. 1/29)
(S.S Su. 20/23-29)
- Asuddhi (Pollution) (C.S Vi 3/7)
- Nivasasthane pravesa nishkasa vyavastha
(Arrangement of proper ventilation at residential places)(Park 509)
- Asuddha vayujanyaha vyadhaya
(Diseases due to air pollution)
(C.S Vi 3/7)
- Suddhiprakara (Disinfections of air) (Park 509)
- Kruthrima vata sadhanani
Tajjaha doshaha Asuddhascha (Instruments for artificial ventilation)
(Park 510)
(PSM 60)
- Avasyaka mathra (Requirement of air)
Prakruthika pravijanam – Vividhah,
(Types of natural ventilation) (Park 510)
- Pravesadvara (Inlet and outlet) (S.V 213)
- Krithrima pravijanam (Artificial ventilation) (Park 510)
Nivasasthanasya thapaniyamaka vyavastha
(Temp. regulation) (S.V 217)
- Vayoho swasthya mahathwam (Importance of air in health)
- Vayu parivarthanam (Air changes in a occupied room) (Park 510)
- Parvatheeya vayu (Mountain air)(.....?)
- Vayu samghatanam (Composition of air)
(Park 504)
- Asuddhi (Air pollutants) (Park 505)

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|----|--|--|
| | Misranam | (Mixed gases) |
| 2. | Bhumi thada Nivasasthanam | (Land and living place) |
| | Bhumi sodhanam | (Purification) (Yajnyavalka smruthi) |
| | Thapa kramam | (Temperature regulation) |
| | Nivasayogya ayogya gruhani | (Houses suitable for residing)
(Park 520) |
| | Pakasala | (Kitchen) (S.S Ka. 1/12-13)
(A.S Su. 8/ 26) |
| | Sauchasthanam | (Place for defecation) |
| | Dugdhasala | Stable |
| | Etc.... | |
| 3. | Jalam | (Water) |
| | Upayuktha matra | (Water requirement)
(Park 483) |
| | Prakara | (Types) (S.V 17/ 381-420) |
| | Gunani | (Properties) (S.S Su. 45/26, 45/7)
(C.S Su. 27/202), (A.H. Su. 5) |
| | Srotho-nadi-koopa-thadakadeenam jalam | |
| | (Water from streams, River, Well, Pond etc.) (S.V 17/ 381-420)
(Park 484) | |
| | Mardava-kadinyam cha | (Soft & Hard) (Park 500) |
| | Vividha asuddhah | (Water pollution)(Park 486) |
| | Asuddhajalasya anarogyathwam | (Water borne diseases)(Park 487) |
| | Jalasuddhiprakara | (Types of Water purification)
(Park 487) |
| | Bhoudika vidhayaha | (Physical methods) |
| | Rasayanika vidhayaha | (Chemical methods) |
| | Yanthrikavidhayaha- | (Mechanical methods) |
| | Vividhaha Nisyantakaha | (Filtration) |
| | Jalapareeksha | (Water testing) |
| | Etc..... | |
| 4. | Prakasam | (Light) |
| | Suryarasmayah | (Sunlight) (S.V 9/223) |
| | Rasminam sareere prabhava | (Biological effect) (Park 512) |

- Krithrima prakasa sadhanani thesham guna dosha
(Equipments and disadvantages of artificial lighting)(Park 511)
5. Apadravyam (Refuse) (Park 522)
Nagaragrameena apadravya nivarana vyavastha
(Urban and Rural Refuse disposal) (Park 523)
Dumping, Controlled tipping, Incineration
Composting, Manure pits, Burial
6. Sauchasthana (Latrines) (Park 525)
Stayi evam asthayi saucastanam (Types of latrines)
Melastale astayi sauca sthanam, Mutra stanam-Malanirharanavidheyaha
(Latrines in festival place) (PSM)
Shallow trench latrine, deep trench latrine
Pit latrine, Borehole latrine
Grameena kshetre malanirharanopayaha
(Excreta disposal in rural area) (PSM)
Misritha paddhathi (Combined sewer system) (Park 530)
Bhinna paddhathi (Separate sewer system) (Park 530)
Nivasasthanat mala nishkasana vyavastha
(Water carriage system) (Park 529)
Pranale vayupravesa vyavastha (Pneumatic system of sewage removal)
(PSM-104)
- Samudre tadake va mala vimochanam
(Sea out fall & River outfall) (Park 533)
Bhumo mala prasaranam (Land treatment) (Park 533)
Bhumo syantakam kritva malavisarjanam
(Trickling filter method) (Park 532)
Adhah nisanthanam (Activated sludge process) (Park 532)
Rasayanika jeevananiya thada anyani vidhayakaha
(Chemical & Biological treatment – Sewage treatment) (Park 531)
Vayaveeya thadha avayaveeya vidhayaha
(Aerobic and anaerobic digestion)
(Park 531)
Tharalabhaga samsuddhe pramanam ithyadi
(Standards of Sewage effluent)

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7. Savavinasam (Disposal of dead body)(S.V 281-285)
 Agnidaham (Cremation)
 Bhumostapanam (Burial)
 Vidyud daham (Electric cremation)
8. Oudyogika samsthane swasthya samrakshanopayani suddhajala
 prabandhascha (Occupational health and availability of
 Pure water) (Park 556)
9. Vidyalayasthana (Location of school) (S.V 14/ 307-322)
 Bhavanam (Building) (PSM 189)
 Vayo prakasasya cha vyavastha (Provision for ventilation and lighting)
 (PSM 190-191)
10. Swasthyanasaka vibhinna vyavasayanam swasthye prthikula prabhavaka
 (Industrial hazards of workers)
 (Park 557)
 Vyavasayajanya vayupradushanam thasya swasthye hanikara prabhava
 (Cummunity health problems due to industrialization) (Park 563)
11. Samkramikaroga (Communicable diseases)
 Janapadodvamsaneyam (C.S Vi.3)
 Samkramakaroga paribhasha (Explanation of technical terms of
 communicable diseases) (Park P.80-82)
 Concept of disease (Park 26-88)
 Concept of causation
 Epidemiological triad
 Natural history of disease
 Risk factors
 Concept of control
 Concept of prevention
 Modes of intervention
 Epidemiology
 Incidence
 Prevalence
 Epidemiological methods
 Dynamics of disease transmission
 Modes of transmission

Susceptible host

Investigation of an epidemic

Disease control and prevention

Vijnapthi (Notification) (Park. 95)

Pruthakkaranam (Isolation) (Park 96)

Athuralayasya prathak visamkramikaranam (Decontamination of hospital)
(Park P. 100-103)

Visamkramanasya-pakrtika-rasayanika-bhouthika

(Natural –chemical – Physical methods of Disinfection)

Ardra-ushna-bashpadvara visamkramanam (Wet-Dry-Steam disinfection)
(PSM-271-290)

Visamkramana yantra (Instruments of disinfection)

Vyadhikshamatva prakara (C.S Su. 26/) (Park P. 88-90)

Host defenses

Active immunity

Passive immunity

Herd immunity

Immunizing agents

Hazards of immunization

Diseases

Vishamajvaram (Malaria) (Park Ch. 5)

Masurika (Small pox)

Chicken pox

Plague

Vishoochika (Cholera)

Vatajvaram (Rhumatic fever)

Meningitis, Measles, Rubella, Mumps, Influenza, Diphtheria, Whooping cough,
Tuberculosis, Poliomyelitis, Typhoid, Viral hepatitis, Acute diarrheal diseases,
Amebiasis, Hookworm infection, Dracunculiasis, Dengue syndrome

Filariasis, Rabies, Leptospirosis, Tetanus, Leprosy

Samsargaja kuprasamgaja roga (Sexually transmitted diseases)

Phirangam (Syphilis)

Upadamsam (Chancroid)

Ushnamegha (Gonorrhoea)

AIDS (Park P.250-266)

12. Chikitsalayabhavanam (Hospital) (PSM)

Sthanam, Prakasadivavastha, Athurasavidha sadhanani, Karyakarthusuvidha sadhanani, Antharangavibhagah, Panchakarmagaram, Sasthrakarmagaram, Pruthakkarana chikitsalay

13. Ruthu evam Vatavarana jnanam (Climatology and meteorology)
(Park) (PSM P.177-188)

Paper II

100marks

Part A

50 marks

Yoga Nisargopachara

1. Yogasabdasyavyulpathi (Etymology)

Vividha paribhasha (Definitions) B-G II-48

B-G II-50

P.Y.S I/2

Vyakhya (Explanation)

Pryojanam

Lakshyam

Yogasya Ashtahga P.Y.S II 29-III 3

2. Yogasyolpathi

Prcheenakalarvacheenakala paryantha thasya vikasakrama

Adhunika jeevane thasya upayogitha

3. Hatayoga rajayogayoh swarupa, vyakhya, parayojanam, Sadhakani, badhakani cha tatwani

- Yoga Ayurveda sambandha (C.S Sa. 5)
4. Ayurvede yogasyavarnanam (C.S Sa. 1)
- Ayurveda chikitsayam thasyopayogitha
5. Ayurveda sammatha sukha dukha nivruthi (C.S Sa. 1/
134-135)
6. Yoge mokshe cha (C.S Sa. 1/
142)
7. Sathyabudhhi sadhikascha (C.S Sa. 5/7)
8. Mokshasyalakshana thasyopaya-Mukthatmalakshnam(C.S Sa. 1/
142-146)
9. Swasthyarakshanartham Yogasya upayogitha
- Tridoshanam srothasam cha upari yogabhyasasya prabhava
10. Yogasysidhikarabhava (H.P 1/16)
- Yogaprthibandhaka (H.P 1/15)
- Yogayurvedayokarmasidhanthavivechanam Manovivechanam
moksham
- Yama, Niyama,
- Asana – paribhasha, vyakhyanam, sidhantha niyamam cha
(P.Y.S II 29-48)
(H.P 1/16 i- ii)
- Yogasananam vargeekaranam (.....?)
-?
- Asana – Vyayama thulanathmaka vivechanam (H.P 1/17-54)
- Swasthikasanam
- Gomukhasanam
- Veerasanam
- Kukkudasanm
- Uthanakurmasanm

Dhanurasanam

Matsyendrasanam

Mayurasanam

Savasanam

Bhadrasanam

Simhasanam

Sarvangasanam

Sirshasanam

Pavanamukthasanam

Bhujangasanam

Suptavajrasanam

Matsyasanam

Yogasanam

Chakrasanam

Halasanam

Salabhasanam

Suryanamaskaram

Mithaharasya hithabhojanasya lakshanam (H.P 1/ 58-60)

Yogabhyasakale pathyapathyam (H.P 1/62-63)

11. Pranayamabhyasrtham Vyakhya, Uddhesya, Niyama, Sadhana, Vargeekaranam, Sidhilakshanam, Manosareerakam cha chikitsatmakam cha prabhavaka (H.P 2/1-3) & (H.P 2/39-42)

12. Kumbhakabheda (H.P 2/44-70)

Suryabhedana

Ujjayi

Sithali

Sithkati

Bhasthrika

Bramari

Murcha

Plavani

1. 13. Malasodhaka pranayama (H.P 2/4-5)

Bhramari

14. Pranayamasya kalam (H.P 2/11)

Avara-Pravara-Madhyama lakshanam

15. Pranayamasya swedakaryam (H.P 2/12)

16. Pranabhyasakale Bhojyabhojyam ((H.P 2/14)

17. Pranayamasya yuktyayukthyaphalam (H.P 2/16)

18. Pranayamena vyadheenam pratheekara (H.P 2/19-20)

19. Nadisuddhilakshanam (H.P 2/78)

20. Shadkarmani – Ethesham arthah uddhesaha vidhi- sareeriko
kriyatmakam cha siddhantha- chikitsaka prabhava –

Panchakarma – shatkarma thulanathma-vivechanam

(H.P 2/21-38)

21. Yogasyashtangani tesham parichaya (Repeat)

22. Yoga dhyanasya mahatvam –manasika swasthyopari thasya
prabhava

23. Ida-pingala-sushumna nadinam varnanam (.....?)

24. Bandha – mula-jalandhara – Uddiyana (H.P 3/55-76)

25. Naishtikichikitsa (C.S Sa 1/)

26. Yogikriyanam sareerika-manasika prabhava

27. Samsthananusaraena yogikriyanam vibhajanam prabhavam cha

Nisargopacharam

1. Prakrutikachikitsa nisargopacharasya paribhasha – prayojanam – mahatvam – Swsapaa viseshanam cha – Ayurveda nisargopachrayo sambandha – Ayurveda adhunika jeevane cha thasya upayogitha sthanam mahatvam cha
2. Jalachikitsa – Jalasyagunam – mahatvam – seethoshnabhedena chikitsayam jalasyopayoga
3. Prakruthika chikitsayam thasyopayogasya vibhinnavidhinam chikitsathmakopayoga (.....?)
4. Swdena sarathasya thulanathmako vichara – Nimnasnam vidhipoorvakavarnamam- padaprakshlanam – vasthi snanam cha padam – hastha prushta vamsa mehana merudanda bali kati Ayurvedoktha bashpa bhede snanasya prakara – jalapattikanam upayogam cha
5. Bashpasnanam thasya prakaraka sthanika sarvadaihika bhedenopakarana bhedenam cha
6. Mrutchikitsa – mrutham prakaraka – guna – chikitsatmaka mahatvam cha mrutha chayanam thasya siddhantha – mruthikamajjanam – chikitsayam cha thasya upayogitha
7. Surya chikitsa – Arthah – siddhanthaka – suryaprakasasya chikitsanmakah gunah mahatvam cha rasminam gunah prabhavaka upayoga vidhiyah – athapasnanasya vidhi bhedam cha
8. Mardanasya bheda – guna - chikitsayam mahatvam – mardamasya vibhinna vidhinam chikitsanmikopayogitha parinamam prabhavam cha
9. Prakruthiko ahara prayojana siddhantha mahatvam cha – Aharavidhi visheshaythanani – Aharasya karanam mathra aharadravyanam gunah prabhavam cha.
10. Upavasa chikithsa – Upavasasya chikitsayam mahatvam upayogitha thayoho samayoga
11. Vayuvakasayo chikitsa – mahatvam – upayogitha – Sayogavidhinam

parichaya - Ref. Adhunika prakruthichikitsa – Uthpalakshan

Nature cure - Louis kuhne

Speaking of Nature cure & Nature cure – Lakshmana sarma

Practical Nature cure – Lakshamana sharma

Panchabhuthopasana – C.R.R Varma

Part B

50 marks

Pradamika swasthya samrakshanam Parivara kalyanam

(Primary health care & Family welfare)

Mathru - sisu kalyan (Mother and Child Health)

Rastriya karyakrama (National Programmes)

1. Pradamika swasya samrakshanasya paribhasha

(Definition of primary healthcare) (Park 632)

Mahatwapoorna angani

(Important levels).....? (Park 631)

Primary care

Secondary care

Tertiary care

Elements of PHC

Swarupa - desah rajye pradamika swasthya sankatanasya rachana

(National and state level Primary health care system) (Park 638)

Prasasanika niyanthrana

(Health administration) (Park 621)

Ayurveda chikitsa paddhathiyeha janasakthathayaha varthamane
tanbhavitham yogadane.

(Role of Ayurveda in the Primary health care)

2. Parivara kalyana karyaakrama
(Family welfare Programmes)
- Janasamkhyasamasya (Population explosion)
(Park 319-328)
- Janasankhya vrudhhi evam arthika vikas
(Population and economic growth)
- Janasankhya visheshata evam jeevanasya gunatmanah
(Population and standard of life)
- Janasankhyavruthi evam pariyavarana
(Population and environment)
- Janasankhya sikshanam evam samanya sikshana sambandha
(Population education and general education)
- Janasankhya sambandhi vividha siddhanta
(Population theories)
- Manasan.....janasankhya nithi
(Population policy)
- Parivarakalyana karyaakrama (Family welfare Programmes)
(Park 329-350)
- Ithihasa (History)
(Park 350)
- Swarupa evam uplabthi (Characteristics and achievements)
- Parivarakalyana karyaakramasya vividha paddhathiyaha
(Contraceptive methods)
- Parivarakalyana karyaakrame rajakeeya arajakeeya chikitsalayanam
yogadana (Role of State & Private sector
hospitals in the implementation of Family planning)
- Chikitsakanam sikshakanam chatranam cha sambhavitham

- yogadana
(Contributions of physicians and teachers and students)
3. Rasshtriya karyakama (National programmes of)
Malaria
Netrandyam (Blindness)
Rajyakshma (Tuberculosis)
Kushta (Leprosy)
Polio eradication programme
Filariasis eradication programme
Mathru sisu kalyana karyakram (Maternity and child care)
(Park 378-392)
Uddesa (aims and objectives)
Mahatwam (Importance)
Karyakramasya angani
Rogaprati rakshanasyopaya
Balakeshu krutasuchi karmani
Bharathavarshe mathrusisu kalyanasya vibhinna nikaryakrama
4. Viswa swasthya sanghatan (WHO) (Park 647-653)
Alma-atta ghoshanapathra (Alma-Atta declaration)(Park 9)
Rasrtiya swasthye nirdithasmin Ayurvedasyanya Bharatheeya
chikitsa padhathinam mahatwam (Role of Ayurveda and other
Indian systems of medicine in National health policy)
(Park 617-621)
5. Swasthya prasasanam (Health system in India)
(Park 621-625)
Swasthyam evam chikitsa vibhagasya desa rajyanthareeya
swarupam
(National and state level administration)
Antarastreeya kendreeya pradesika evam sthaneeya swasthya
niyamani
(International, national, state local health related rules)
Swathyavishaye sankhyaki sankalanam (Medical statistics)

(Park 586)

Sankalana vidhi	(Mean, median, Mode)
Lakshyam	(Objectives)
Janma mruthyu sankhya	(Birth and Death rates)
Mruthyuhovasthavika pramaneekaranam	(Certification of death)

Practical

1. Prathimarsa Nasya
 - Anjana
 - Dhoopa
 - Gandhoosha
 - Kabala
 - Udvarthanam
 - Abhyangam
2. Dhauthi
 - Vasthi
 - Nethi
 - Trataka
 - Nauli
 - Kapalabhati
3. Any 6 Yogasanas
 - with
 - Pranayamanthargatha poorakarechaka kumbhaka
 - Demonstration of 23 Asanas
4. Jalasamsthana nireekshana (Water purification plant)
5. Malanishkasana samsthana nireekshana (Sewage treatment plant)
6. Dugdhayojanayam nireekshanam (Pasturization unit)
7. Kushtasramanireekshanam (leprosy sanitorium)
8. Oudyogika samsthana nireekshanam (Industrial unit)
9. Pradamika swsthyakendranireekshanam (Primary Health Centre)
10. Mathru-Sisu kalyana Nireekshanam (Maternity and Child Hospital)

11. Parivara kalyana Kendra nireekshanam (Family welfare center)

Model Record

Part A

Dinacharya

- | | |
|---------------|-----------------------|
| 1. Nasya | 2. Gandoosha & Kabala |
| 3. Dhoomapana | 4. Anjana |
| 5. Udvrtana | |

Part B

Aharacharya

- | | |
|--|----------------------------|
| 1. Aharadravyaparichaya | |
| a. Wheat | b. Rice |
| c. Ragi | d. Beet Root |
| e. Water melon | f. Bengal gram |
| g. Black gram | h. Orange |
| i. Honey | j. Different types of milk |
| k. Ground nut | l. Cashew nut |
| m. Cabbage | n. Cucumber |
| o. Onionp. | Banana |
| q. Lemon | r. Tomato |
| 2. Food and Nutrition | |
| a. Balanced diet | |
| b. Preparation of Special diet charts for different age groups and during pregnancy and lactation. | |

Part C

Environmental health

- a. Visit report
 - i. Water treatment plant
 - ii. Sewage purification plant

Communicable diseases

- i. Primary health centre
- ii. Immunization schedule
- iii. Field work report

Part D

Yoga

1. Asana
2. Pranayama
3. Special technique for LBA
4. Special technique for Asthma

Part E

Naturopathy (Write the procedure)

1. Mud therapy
 - Mud Bath
 - Mud Pack
2. Hydrotherapy
 - Spinal bath
 - Hip bath
 - Sitz bath
 - Steam bath
 - Packs and compresses
 - Enema

3. Haeliotherapy
Sun Bath
4. Fresh Air Breathing
5. Fasting

Part F

Case Sheets

3 cases treated under Yoga and Naturopathy

Part G

1. Methylene blue test
2. Test for specific gravity of milk using lactometer
3. Ortho tolidine test
4. Horrock's apparatus test
5. Disinfection of well
6. Slides of causative organisms of malaria, filariasis, tuberculosis, leprosy and cholera.

Special Note: Swasthavritha does not have oral examination and class schedule card. Hence we strongly recommend the inclusion of oral examinations and class schedule card in this subject also. A minimum of 20 marks should be included for oral examination. The suggested mark distribution is given below.

Prathyaksha pareeksha –

Anga vibhjanam (practical examination – mark distribution) 100marks

1. Prathyakshika pusthika (Practical record) - 10 marks
2. Vaiyakthika swasthavrutham (Personal Hygiene) -20 marks
3. Sarvajanicam evam samajika swasthavrutham - 20 marks

(Public and social health)

4. Yoga evam nisargopacharasya anthargatha kriyayaha Prathyaksheekaranm (Demonstration of Yoga and naturopathy) –

20 marks

5. Pradhamika swasthya samrakshanam, parivrakalyanam evam rashtriya karyakrama (PHC, F W, National programmes) - 10 marks

6. Viva – Voce -20 marks

TOTAL 100 MARKS

Reference:

S.S –Susrutha Samhitha

C.S- Caraka Samhitha

B.P- Bhavaprakasa

K.S – Kasyapa samhitha

S.V – Swasthavrutha Part 1 (Malayalam)

A.S – Ashtanga samgraha

M.N- Madhavanidanam

F & N – Food and Nutrition – Swaminathan

PSM – Preventive and Social Medicine – Bedi

Park- Text book of preventive and social medicine

H.P – Hatayoga pratheepika

FORMAT

Terms & Periodical exams

It is proposed to divide the 1-½ years of professional course into three terms as envisaged by DAME. The three terms, study leave & periodical exams can be as follows:

Term 1 : Classes for 4 months, study leave & exam 1 month

Term 2 : Classes for 4 months, study leave & exam 1 month

Term 3 : Classes for 4 months, study leave & model exam 1 month

Study leave for University Exam 1 month

University Examination process 2 months

Total ; 18 months

- Terminal exams should include viva.
- Examinations should be completed within the period of 18 months as stipulated by CCIM
- Third terminal exam may be conducted as model exam.

1. Terms and Practical Examinations

Theory: 180 hours 60 hours per term (60 x 3 = 180)

Practical: 60 hours 20 hours per term (20 x 3 = 60)

One term = 5 months

I Terminal Examination

At the end of 5th month without study leave

Theory 100 marks 3 hours

Practical 100 marks 2 hours

(Questions will cover the topics taken in first 5 months)

II Terminal Examination

Same pattern as that of first term

(Questions will cover the topics taken in the second 5 months only)

III Terminal Examination

Same pattern as that of first term

(Questions will cover the topics taken in the last 5 months only)

2. Re arrangement of syllabus for 3 terms

II Professional B.A.M.S Syllabus

Swasthavrutha Paper I & II

Total Lecture hours – 180 hours

Terminal distribution of syllabus

Total lecture hours / term – 60

Duration - 4 months

I Terminal syllabus

1. Vyaktigatha swasthya	(Personal Hygiene)	15 hours
2. Aharavidhi	(Dietetics)	7 hours
5. Ahara dravyani	(Classification of food)	7 hours
3. Vayu	(Air)	5 hours
4. Bhumi	(Housing)	3 hours
5. Jalam	(Water)	7 hours
6. Samkramikaroga	(Communicable diseases)	

Janapadodvamsaneyam-Samkramakaroga paribhasha- Vijnapthi - Pruthakkaranam -Athuralayasya prathak visamkramikaranam -Visamkramanasya-pakrtika-rasayanika-bhouthika-Ardra-shnabashpadvara visamkramanam-Visamkramana yantra-Vyadhikshamatva prakara - 15 hours

7. Ruthu evam Vatavarana jnanam		1 hours
Total		60 hours

II Terminal syllabus

1. Yoga	(1-9)	15 hours
2. Aharasya pramanam Poshyam cha	(Calorie and nutrition)	12hours
3. Ahara pareekshanam	(Inspection of food)	3 hours
4. Prakasam	(Light)	2 hours
5. Apadravyam	(Refuse)	5 hours
6 Prakruthi chikitsa	(1-5)	5 hours

7. Communicable diseases	(Malaria- AIDS)	18 hours
Total		60 hours

III Terminal syllabus

1. Nidra	(Sleep)	1 hour
2. Brahmacharya	(Celibacy)	1 hour
3. Vihara	(Activities)	1 hour
4. Savavinasam	(Disposal of dead body)	1 hour
5. Oudyogika samsthane swasthya samrakshanopayani prabandhascha	suddhajala (Occupational health)	5 hours
6. Swasthyanasaka vibhinna vyavasayanam swasthye prthikula prabhavaka	(Hazards of Industrial workers)	5 hours
7. Vidyalaya sthanam	(Location of school)	1 hour
8. Chikitsalayabhavanam	(Ayurveda Hospital)	1 hour
9. Yoga	(10-27)	15 hours
10. Prakruthi chikitsa	(6-11)	5 hours
11. Paper II Part B		19 hours
12. Sauchasthana	(Excreta disposal)	5 hours
Total		60 hours

3. Distribution of Teaching hours – Theory and Practical

Practicals

Divide the total students of II prof into 5 batches. Each batch may be posted to the following departments for one month on rotation basis between 9 am – 11 am every day

Swasthavritha

Dravyagunavijnana

Rasashastra and Bhaishajyakalpana

Roganidanam

Agadatantram

This system is effectively implemented in Kottakkal Ayurveda College and can be adopted throughout Kerala.

Theory Classes

According to the present timetable Swasthavriha is getting classes as shown below at Thiruvananthapuram Ayurveda College

II Prof senoir batch	II prof junior batch	
Monday	9 am – 1 pm	Tuesday 9 am – 1 pm
Wednesday	2pm – 3pm	
Thursday	3pm – 4pm	

This means that there are only 5 hours per week for a batch, which is too insufficient. Among these the theory hours are only 3 per week!

Therefore, the timetable should be arranged in such a way that Swasthavriha also gets equal share of classes.

A meeting of all heads of departments may be called and this issue be settled.

4. Distribution of Marks – Theory and Practical

Terminal examinations

Theory	100 marks	3 hours
Practical	100 marks	2 hours

(One day for theory and practical exams)

5. Restructuring Question Paper

QUESTION PATTERN

I	Essays	2x10=20
II	Short Questions	10x5=50

III	Very Short Questions	10x2=20
IV	Multiple Choice Questions	10x1=10
	TOTAL	100 MARKS

6. Model Question Paper

II Professional B.A.M.S Syllabus

Swasthavrutha Paper I & II

I Terminal Examination

Hours: 3 hrs.

Marks:100

1. Chlorine demand of well water is calculated by 1
 - 1) OT test
 - 2) OTA test
 - 3) Horrocks apparatus
 - 4) Double pot method
2. Which one is a waterborne disease ? 1
 - 1) Pneumonia
 - 2) Amoebiasis
 - 3) Bronchitis
 - 4) Substernal discomfort
3. Latherism is due to 1
 - 1) Excessive use of maize
 - 2) Excessive use of Alcohol
 - 3) Lack of Vitamin E
 - 4) Excessive use of Kesari dal
4. Alasaka is a 1
 - 1) Gastrointestinal disease

- 2) Auto immune disease
 3) Metabolic disease
 4) Infectious disease
5. According to Madhavakara, 'Ajeerna is of ——— types. 1
 1) 4 2) 3
 3) 6 4) 2
6. The optimum period of water storage is 1
 1) 10-14 days 2) 5-7 days
 3) 2-3 days 4) 12-16 days
7. Bath is contra indicated in 1
 1) Prameha 2) Vathasonitha
 3) Ardhitha 4) Grahani
8. Presence of a communicable disease more than the expected frequency in a population is called
 1) Epidemic 2) Endemic
 3) Sporadic 4) Pandemic
9. Avapeedaka snehapana is indicated in
 1) Charddhi vega rodha 2) Muthra vega rodha
 3) Krodha vega rodha 4) Suklavega rodha
10. Following vaccine is an example of killed vaccine? 1
 1) pertussis 2) Measles
 3) Mumps 4) Tetanus
11. What are the complications in suppressing muthra vega? 2
 12. What are the deficiencies in the biomedical concept of health? 2
 13. What are the characteristics of Swastha? 2
 14. Define the mental dimension of health? 2
 15. What are the state responsibilities for health? 2

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-
- | | | |
|-----|--|----|
| 16. | What are social agents of disease causation? | 2 |
| 17. | What are the levels of prevention? | 2 |
| 18. | Define Epidemiology? | 2 |
| 19. | Write National Immunization Schedule. | 2 |
| 20. | What is Green house effect? | 2 |
| 21. | What is epidemiological triad? Describe. | 5 |
| 14. | Describe double pot method to disinfect well water. | 5 |
| 22. | Differentiate the terms- disinfectant, antiseptic and deodorant.
Give examples | 5 |
| 23. | What are the important functions of proteins? | 5 |
| 24. | Prepare a table showing the Shat ritus with the corresponding haindava panchanga masas, english months, chaya-prakopa-prasama of doshas, variation of sareera bala and the predominant rasa in each ritu | 5 |
| 25. | What are the natural methods of ventilation? | 5 |
| 26. | What are the disadvantages of Hard water? | 5 |
| 27. | Explain Ashtavidhaharayathanani and its importance. | 5 |
| 28. | Define Achararasayana | 5 |
| 29. | Describe the importance of Dandadavana | 5 |
| 30. | Briefly describe the classification of food according to modern dietetics and according to ayurvedic classics. | 10 |
| 31. | Explain different methods of large scale purification of water. | 10 |
| 7. | Assignment topics | |
| | ➤ Dinacharya | |
| | ➤ Ruthucharya | |
| | ➤ Vega | |
| | ➤ Prajnaparadham | |
| | ➤ Metabolism of fat, protein and carbohydrates etc. | |
-

- Nutritive values of food
- Effect of modern day food additives on health (Fast food)
- Ill effects of narcotics, smoking and alcohol
- Physiology of sleep
- Brahmacharya
- Role of physicians, teachers and students in Family welfare programme
- National programmes
- Effect of Yoga in different systems
- Comparison of Yoga and Ayurveda
- Role of Ayurveda and other Indian systems of medicine in health care
- Role of state and private sector hospitals in the implementation of family Planning
- National Health policy
- Governmental and non Governmental Organizations
- Role of Ayurveda in primary health Care
- Role of Ayurveda in RCH

List of Instruments and equipments essential to the department

Microscopes	10
Common balance	02
Six's maximum and minimum thermometer	02
Dry and wet globe thermometer	02
Lactometer	02
Spirit lamps	25
Burette stands	25
Electronic spirometer	02

Computerised ECG	01
Electro encephalogram	01
Steam bath Chamber	02
Glucometer	02

9. Lab investigations done or proposed for the subject

7. Methylene blue test
8. Test for specific gravity of milk using lactometer
9. Ortho toluidine test
10. Horrock's apparatus test
11. Disinfection of well
12. Slides of causative organisms of malaria, filariasis, tuberculosis, leprosy and cholera.

10. Model Clinical record

Model Record

Part A

Dinacharya

- | | |
|---------------|-----------------------|
| 6. Nasya | 7. Gandoosha & Kabala |
| 8. Dhoomapana | 9. Anjana |
| 10. Udvrtana | |

Part B

Aharacharya

3. Aharadravyaparichaya

- | | |
|----------------|----------------------------|
| a. Wheat | b. Rice |
| c. Ragi | d. Beet Root |
| e. Water melon | f. Bengal gram |
| g. Black gram | h. Orange |
| i. Honey | j. Different types of milk |

- | | |
|---------------|---------------|
| k. Ground nut | l. Cashew nut |
| m. Cabbage | n. Cucumber |
| o. Onion | p. Banana |
| q. Lemon | r. Tomato |

4. Food and Nutrition

- a. Balanced diet
- b. Preparation of Special diet charts for different age groups and during pregnancy and lactation.

Part C

Environmental health

- b. Visit report
- j. Water treatment plant
- ii. Sewage purification plant

Communicable diseases

- j. Primary health centre
- ii. Immunization schedule
- iii. Field work report

Part D

Yoga

5. Asana
6. Pranayama
7. Special technique for LBA
8. Special technique for Asthma

Part E

Naturopathy (Write the procedure)

6. Mud therapy

- Mud Bath
- Mud Pack
- 7. Hydrotherapy
 - Spinal bath
 - Hip bath
 - Sitz bath
 - Steam bath
 - Packs and compresses
 - Enema
- 8. Haeliotherapy
 - Sun Bath
- 9. Fresh Air Breathing
- 10. Fasting

Part F

Case Sheets

3 cases treated under Yoga and Naturopathy

Part G

- 13. Methylene blue test
 - 14. Test for specific gravity of milk using lactometer
 - 15. Ortho tolidine test
 - 16. Horrock's apparatus test
 - 17. Disinfection of well
 - 18. Slides of causative organisms of malaria, filariasis, tuberculosis, leprosy and cholera.
11. Model Question Paper and answers
Will be submitted later

12. Method of Evaluation

- Will be done through Theory and Practical Examinations
- Theory exam will be for 200 marks. There will be 2 papers of 100 marks each.
- Practical exam will be for 100 marks

Theory 2x 100 = 200

Practicals 1 x 100 = 100

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100marks

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(Public and social health)
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5. pradhamika swasthya samrakshanam, parivrakalyanam evam rashtriya karyakrama (PHC, F W, National programmes) - 10 marks
6. Viva – Voce -20 marks

TOTAL 100 MARKS

For Practical record marks will be given according to the following pattern

Part A to Part G - 7 marks

Timely submission 1 mark

(Fair record)

Timely submission 2 marks

(Rough Record)

Total 10 marks

Till the inclusion of viva in Swasthavritha examination, the following shall be the pattern of practical examination

Practical Journal	10	
Personal Hygiene	Write procedure	20
Public and social Hygiene	Spot identification and specific answer	30
Yoga	Demonstration	10
Naturopathiy	Spot identification and specific answer	10
Primary healthcare,		
Family Planning	Spot identification and specific answer	20