

CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE FINAL YEAR 9. M.D. (AYU) SWASTHAVRITA

- * TEACHING HOURS FOR THEORY SHALL BE 100 HOURS PER PAPER.
** TEACHING HOURS FOR PRACTICAL SHALL BE 200 HOURS.**

PAPER I

MARKS 100

VAIYAKTIKA SWASTHAVRITAM SADVRITAM CHA (PERSONAL AND MORAL HYGIENE)

1. Role of Swasthavrita in socio cultural, developmental and environmental aspects of health.
2. Study of indicators of health—mortality indicators, morbidity indicators, disability rates and nutritional status indicators.
3. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
4. Practical application of Dinacharya in today's era and probable physiological effect of these procedures.
5. Ratricharya – Bhavamishra and other classics.
6. Study of Day and night pattern in various countries and its relevances to the status of health.
7. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita and Bhavamishra.
8. Preventive & Promotive aspects of Ritucharya and its need and importance in present Era, Importance of Ritusandhi and Yamadamshtra.
9. Ritu Shodhana technique with reference to various Ritus, its method and mode of action in disease prevention.
10. Relevance of Vegadharana and Udirana in disease manifestation and Management.
11. Ahara – Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara and Sharngadhara.
12. Aharavargas and their comparison with today's food items.
13. Dietetics intervention in malnutrition, under nutrition and over nutrition as per Ayurveda and modern science.
14. Rules of Dietetics according to Charaka, Sushruta and Vagbhata.
15. Pros and Cons of vegetarian and non vegetarian foods.
16. Viruddhahara – Classical and modern day examples and its impact on health.
17. Knowledge about Assessment of nutritional status of individual and community.
18. Pathya Apathya in various diseases as per Ayurvedic classics viz. Jwara, Pandu, Raktapitta, Gulma, Prameha, Hridroga, Shosha, Unmada, Apasmara, Kamala, Udara, Shwasa, Kasa, Hikka, Agnimandya, Ajirna, Atisara, Grahani, Amlapitta, Pravahika, Arsha, Kushtha, Mutrakrichchra, Ashmari, Vidradhi, Shotha, Visarpa, Vatavyadhi, Vatarakta, Shiro-Karna-Nasa- Mukha- Netra Roga.
19. Ayurvediya Ahara, Aushadha Kalpana in relation with nutraceuticals and nutrigenomics (Prakruti Anurup Ahara).
20. Food adulteration, methods for detecting, controlling food adulteration and its legislative control.
21. Role of Nidra, Brahmacharya, Abrahmacharya in maintenance of health and causation of diseases and their management.
22. Sadvritha – Description of Charaka, Sushruta and Vagbhata. Clinical importance of Achar Rasayana, Nitya Rasayana and Sadvritha in prevention of diseases & promotion of health
23. Rasayana -- its utility in health and disease condition.
24. Scope of Vajikarana in health. – Pathya Apathya Kalpana and Vihara for Vajikarana.
25. Role of Ayurveda in mental health.

26. Vyadhikshamatva – Ayurvedic, Modern concepts and its practical implementation.
27. Concept of genomics in relation with status of health.

PAPER II

100 MARKS

**SAMAJIKA SWASTHAVRITAM
(COMMUNITY HEALTH)**

1. Ayurvedic aspect of social health.
2. Vyadhi Sankarya as a causative factor of a Vyadhi. Web of causation of diseases, multifactorial causation.
3. Natural history of diseases. ICD- International Classification of Diseases.
4. Ecology and community health. Impact of bio-geo-chemical cycle (impact of changing global nitrogen cycle on human health)
5. Environment and community health (Bhumi, Jala, Vayu their Shuddhikarana and Prakasha, Shabda, Vikirana)
6. Disinfection practices for the community – Ayurvedic and Modern .
7. Immunization programmes. Possible contribution of Ayurveda. E.g. Suvarnaprashana, Karnapalibhedana etc.
8. Housing Standards. Description of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
9. Disposal of Wastes- refuse, sewage. Methods of excreta disposal in sewerred and unsewerred areas. Disposal of dead body.
10. Management of biomedical waste. Biomedical waste act- 1998, 2016.
11. Occupational Health. Role of Ayurveda in Occupational health, in ESI and other Government sectors.
12. Medical Entomology- Arthropods of medical importance and their control measures.
13. Medical parasitology and control in relation to communicable diseases.
14. School Health Services and possible contribution of Ayurveda.
15. Demography and Family Planning. Recent developments in family planning measures and contribution of Ayurveda.
16. Family Welfare Programme and the role of Ayurveda in it.
17. Old age problems in community. Role of Swasthavritta in Geriatric care.
18. Role of Ayurveda in palliative, rehabilitative and convalescence care.
19. Life Style disorders and Non Communicable diseases in community and the role of Ayurveda in them.
20. Medical Sociology.- adolescent health, social and behavioral problems, its policy for prevention and control, public relation, doctor patient relationship and hospital sociology.

PAPER III

100 MARKS

**SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYA PRASHASANAM
(EPIDEMIOLOGY AND HEALTH ADMINISTRATION)**

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadodhdhwamsa.
3. Clinical epidemiology of different communicable diseases, re- emerging and newer diseases and the role of Ayurveda in them.
4. Investigations for communicable diseases
5. Sexually Transmitted Diseases and their control
6. Ayurvedic view of Samkramaka Rogas.
7. Investigation and control of an Epidemic and probable role of Ayurveda in it.
8. Host Defenses.

9. Notifiable diseases and procedure for notification and other formalities.
10. Ayurvedic concept of health maintenance for travelers.
11. Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.
12. AYUSH- aims, objectives, structure, function and health policies.
13. National Health Programmes and possible contribution of Ayurveda in them.
14. Health administration in India.
15. National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyana.
16. National and International Health Agencies and their activities.
17. Disaster management
18. Statistics related with Infectious diseases at International, National and State levels.
19. Vital Statistics.

PAPER IV

100 MARKS

**YOGA EVAM NISARGOPACHARA
(YOGA AND NATURE CURE)**

1. History and evolution of Yoga
2. Nirukti and definitions of yoga
3. Rajayoga – (Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
4. Hathayoga - according to Hatha Pradipika, Gheranda Samhita and Shiva Samhita.
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
7. Concept of Sthula, Sukshma and Karana Shariras
8. Concept of Panchakoshas
9. Concept of Shat Chakras, Nadis and Kundalini. Signs of Nadishuddhi.
10. Physiological effect of Yoga on Body and mind – ancient and modern concepts.
11. Suryanamaskara and its effect on health.
12. Shat Kriyas and its physiological their therapeutic effects.
13. Therapeutic effect of Yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Headache, Juvenile Delinquency, Mental Retardation, Depression, Neurosis, Sexual Dysfunction, Gynecological, Uterine Disorders, Cancer, Addiction.
14. Utility of Yoga in Rehabilitation and the usage of props..
15. Yoga in Ayurveda –Concept of Moksha, Tools for Moksha, Naishthiki chikitsa, TattvaSmriti, Satyabudhhi, YoginamBalamAishwaram, Mukta Atmalaxana (Charaka Samhita Sharirasthana chapter 1 & 5)
16. History of Nisargopachara.
17. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic effects and utility.
18. Basic Principles of Western School of Nature Cure.
19. 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.

SCHEME OF PRACTICALS
DURATION: - 02 YEARS

1. Health promotive and protective practices of Dinacharya procedures viz. Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana, Abhyanga, Udvartana

2) Practical Demonstration of Yoga

a) Sukshma and Sthula Vyayama

b) Suryanamaskara

c) Aasanas :

Sitting Position

1. Padmasana
2. Swastikasana
3. Siddhasana
4. Bhadrasana
5. Gomukhasana
6. Vajrasana
7. Suptavajrasana
8. Simhasana
9. Paschimottanasana
10. Ardhamasytendrasana
11. Ushtrasana

Supine position:

1. Shavasana
2. Uttananpadasana
3. Sarvangasana
4. Halasana
5. Karnapidanasana
6. Naukasana
7. Matsyasana
8. Setubandhasana
9. Prone position:
10. Makarasana
11. Niralmbasana
12. Shalabhasana
13. Bhujangasana
14. Dhanurasana
15. Mayurasana

Standing position:

1. Tadasana
2. Utkatasana
3. Vrikshasana
4. Ardhakaticharasana
5. Trikonasana
6. natarajasana

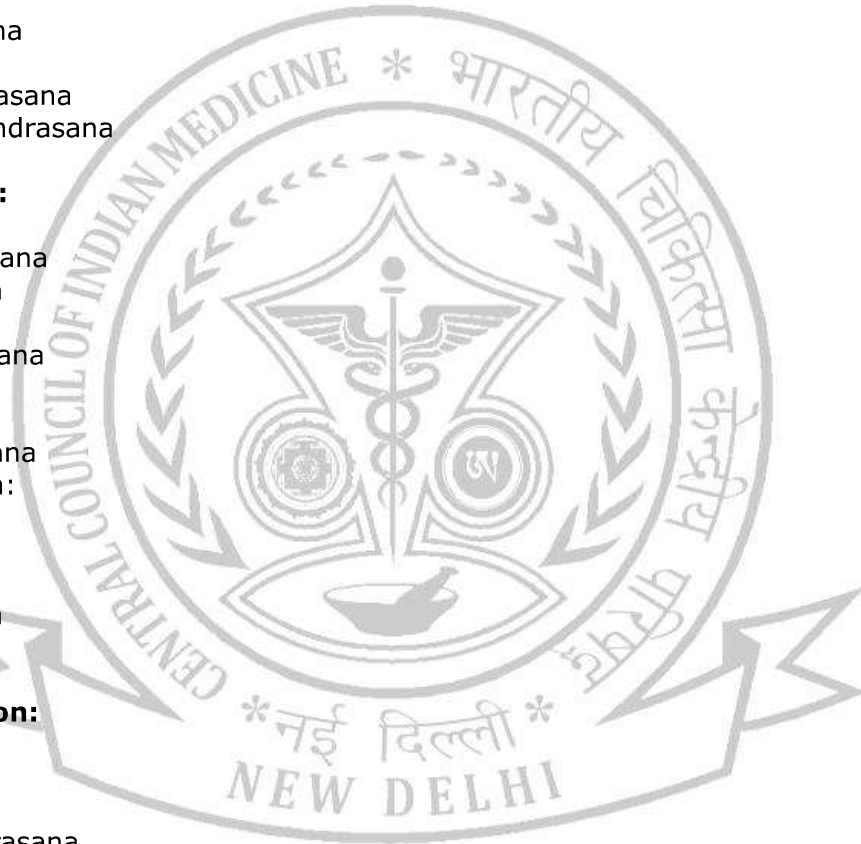
d) Mudra

- 1) Viparita karani
- 2) Yoga Mudra
- 3) Shanmukhi Mudra
- 4) Brahma Mudra
- 5) Ashwini mudra

e) Bandha

- 1) Jalandhara, Uddiyana, Mula Bandha

f) Shuddhikriya – Jala Neti, Sutra Neti, Jala Dhauti, Trataka, Shankhaprakshalana, Kapalbhathi- Vyutkrama and Shitkrama Kapalbhathi, Nauli.



g) Pranayama

Nadishudhhi- AnulomVilomPranayama,

h) Kumbhaka Bhedas

- 1) Suryabhedana
- 2) Ujjayi,
- 3) Bhastrika,
- 4) Bhramari
- 5) Sheetal
- 6) Sitkari

i) Dhyana

3) Practical Demonstration of Naturopathy procedures

- a. Mruttika Snana (Mud Bath)
- b. Mruttika Patti (Mud Pack)
- c. Pada and Hasta Snana (Foot and Arm bath)
- d. Bashpasnana (Steam bath)
- e. Avagahana (Immersion bath)
- f. Prishthasana (Spinal bath)
- g. Katisnana(Hip bath)
- h. Alternate hot and cold bath
- i. Water packs
- j. Deferent massage techniques
- k. Sun Bath techniques
- l. Relaxation techniques – QRT (Quic Relaxation Technique), IRT (Instant Relaxation Technique), DRT (Deep Relaxation Technique).

4) Long case sheets for Pathya, Apathya, Yoga and Nisargopachara advice to

- a) Non communicable diseases 10
(Proforma attached as Annexure 'A' / 'E')
- b) Communicable diseases 10
(Proforma attached as Annexure 'B')
- c) Garbhini Paricharya 10
(Proforma attached as Annexure 'C')
- d) Mal Nutrition treatment cases 10
(Proforma attached as Annexure 'D')

5) Departmental Practicals

- 1) Danta dhavana
- 2) Anjana
- 3) Nasya
- 4) Gandusha
- 5) Kavala
- 6) Dhoompana – DhumavartiNirman

6) Educational Visits-

The brief report of each visit (Minimum 10 compulsory) should be written by student in a journal (Duly signed by Guide and HOD)

- 1) Water Purification Centre
- 2) Milk Dairy
- 3) Industry
- 4) Leprosy Centre
- 5) T.B. Centre
- 6) Yoga Centre
- 7) Naturopathy Centre
- 8) Primary Health Center
- 9) Disposal of Waste Unit
- 10) Sewage Disposal Unit
- 11) Psychiatric Hospital
- 12) Isolation Hospital
- 13) A.R.T. Centre

- 14) Food and Drug Administration Centre
- 15) District /Civil Hospital

7) Field Work

- a) Community Health Survey (Minimum 10 forms) –
(Proforma attached as Annexure 'F')
- b) School Health Check-up (Minimum 10 forms)

8. Departmental duties : Regular Attendance as-

1. Duty in OPD and IPD
2. Museum Development
3. Yoga training for Self, Swastha and patients.
4. Departmental Seminars
5. Research Journal /Article Reviews(Minimum 2)
6. Submit minimum 2 papers in any publications.
7. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
8. Health Awareness talk for public.
9. Daily diary- Log book

Annexure 'A'

PROFORMA (Non - Communicable Disease case)

A] General Information :

1. Name of the Patient : _____
2. Age : _____ 3. Sex : Male/Female 4. Religion : _____
5. Date of Admission : _____
6. Address : _____
7. Occupation : _____ 8. Education : _____
9. Per Capita income : _____ Rupees.
10. Socio economic class (Modified _____)

B] Present illness:

Chief complaints (chronological order) _____

C] History of past illness :

1. Similar complaints in past : _____
2. Any other significant history : _____

D] History of illness in Family :

1. Type : _____ . Composition : _____
3. Similar illness in family : Yes/No If yes, give details : _____

E] Life Style and personal history :

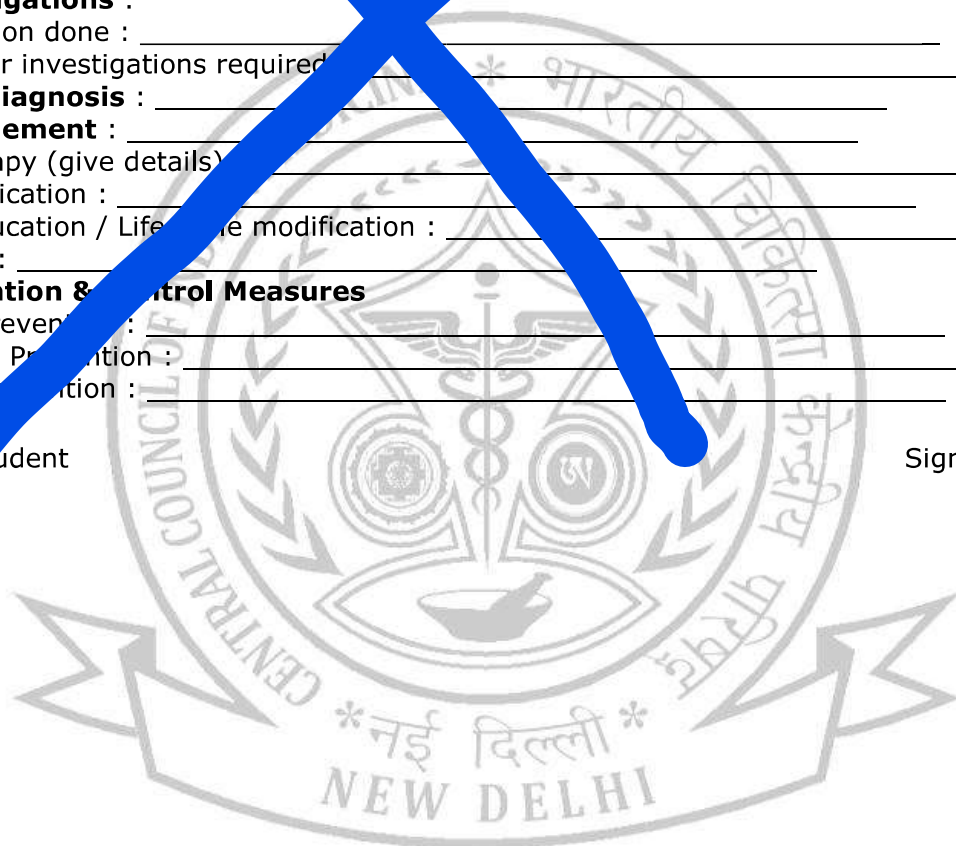
1. Occupation : Manual Work /Table Work/ Field Work /Administration /Any other (Specify) _____
2. Muscular exertion (occupational / domestic etc.) Minimum / Moderate /Heavy _____
3. Exercise: Nil / Walking / Running / Jogging/ Cycling / Swimming / Weight Lifting/ Anyother specify _____
4. Mental Stress & Strain : Occupational/ domestic/ any other specify _____
5. Hobby , Recreation : _____
6. Diet : _____
 - a. Veg / Non veg / Mixed
 - b. Total calorie intake _____ calorie /day
adequate / inadequate/ excess
 - c. Fat _____
adequate / inadequate/ excess
Vegetable / Animal fats
Predominantly saturated / unsaturated
 - d. Spice & Hot foods (Specify) _____

e. Regularity in taking meals
f. Type of diet : balanced / Non balanced (Give reason)
7. Sleep & rest : adequate / inadequate
8. Habits & Addictions
Smoking : Yes / No / Past Smoker
If yes : Type / duration / quantity / frequency. _____
Alcohol : Yes / No / Past Alcoholic
If yes : Type / duration / quantity / frequency. _____
Any Other : Specify, give details. _____
F] General Examination : _____
G] Systemic Examination : _____
RS/CVS/CNS/PA : _____
H] Diagnosis :
i. Provisional : _____
ii. Differential : _____
I] Investigations :
Investigation done : _____
Any further investigations required : _____
J] Final Diagnosis : _____
K] Management : _____
Drug therapy (give details) : _____
Diet modification : _____
Health Education / Life style modification : _____
Follow up : _____
L] Prevention & Control Measures
Primary Prevention : _____
Secondary Prevention : _____
Tertiary Prevention : _____

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Sign. of Guide

Date :-



Annexure 'B'

**PROFORMA
(Communicable Disease case)**

A] General Information :

1. Name of the Patient : _____
2. Age : _____ yrs. 3. Sex : Male / Female
4. Date of Admission : _____
5. Address : _____
6. Locality : Slum – Slum / Non-Slum /Rural/Other (Specify) _____
- 7 Duration of stay in the Locality ; _____ (years/months)
8. Hospital Registration No. : _____ 9. Date of Admission : _____
10. Religion / Caste : _____ 11. Education : _____
12. Occupation : _____ 13. Type of Family : _____
14. Total No. of Family Members : _____ 15. Total Family income : _____
16. Per Capita income per month : _____ Rs.
17. Socio-economic status (As per _____ classification) _____

B] Chief Complaint (In Chronological order)

1. _____
2. _____
3. _____
4. _____

C] H/O Present illness : _____

D] H/O Past illness : _____

- i. Similar complaints in past : _____
- ii. Any other significant history : _____

E] History of illness in the family : _____

F] Personal History

- a. Dietary : _____
- b. Immunization : _____
- c. Habits : _____

G] Environmental history (Pertinent to the route of transmission)

- i] Water Supply ii] Excreta Disposal iii] Pigeon iv] Cattle
- v] Pet animals, Poultry vi] Housing condition vii] Over Crowding
- viii] insect nuisance ix] Courtyard / House etc.

H] Epidemiological information (Backward tracing of index case.)

- i. Any similar case in the family / neighborhood / school / Place of recreation / any other Specify. _____
- ii. History of attending to similar case – if yes, when? _____
- iii. History of visiting any uncustomed place if yes, when? _____
- iv. Total contacts _____ v. High risk contacts. _____

I] Provisional Diagnosis (with justification in brief) _____

J] Differential Diagnoses : _____

1. _____
2. _____
3. _____
4. _____
5. _____

K] Investigation Done : _____

- a. If yes, reports & your comments. _____
- b. Other investigations required (with reason) if any. _____

L] Final Diagnosis : _____

M] Management of Patients : _____

1. Chemotherapy / Other drugs (Specify with name, dose schedule, route of administration, duration of treatment and precautions if any) _____
2. Diet modification _____
3. Personal Hygiene _____
4. Health Education _____
5. Any other (Specify) _____
6. Follow up : _____

N] Preventive & Control Measures at

a. Family Level

- i. Chemoprophylaxis _____
- ii. Immunization (Active / Passive) _____
- iii. Personal Hygiene (specify) _____
- iv. Chemical disinfections of (Specify) _____
concentration, quantity, technique, contact period, way of disposal of disinfected material
- v. Follow up _____
- vi. Care of Contacts _____

b. Community Level

- i. General Intervention measures _____
- ii. Specific measures against the illness _____
- iii. Any other (Specify) _____

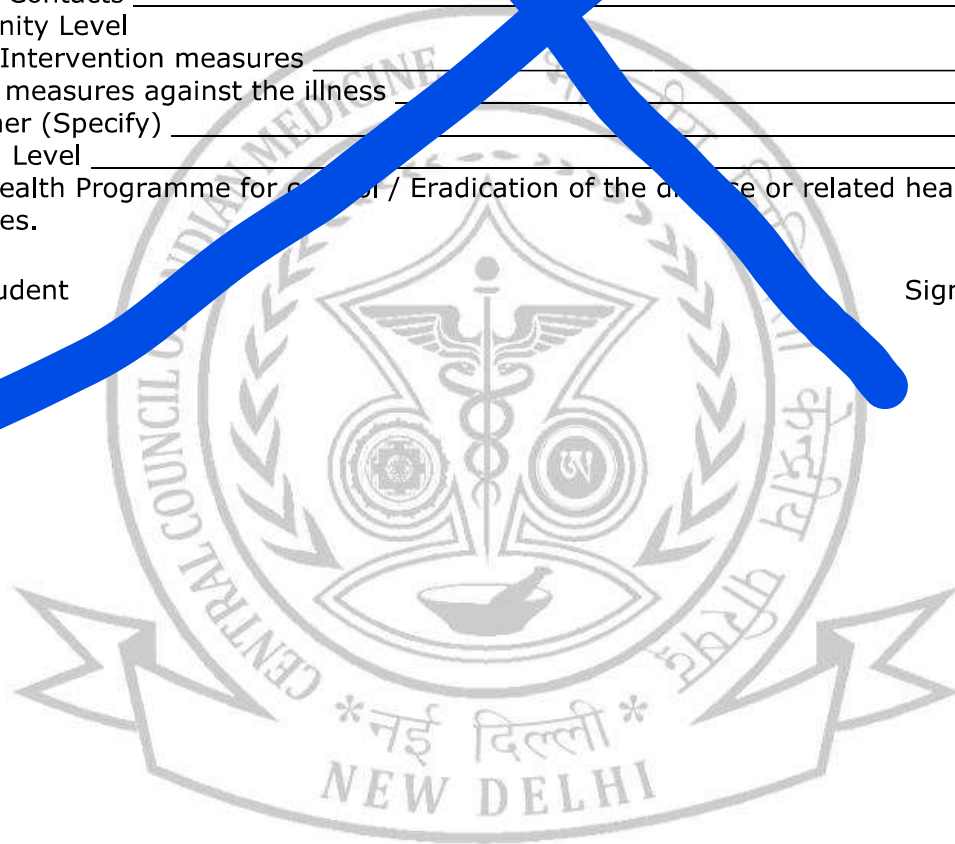
c. National Level

National Health Programme for control / Eradication of the disease or related health programmes.

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Annexure 'C'

PROFORMA

(Ante-natal card)

A] General Information :

- 1) Date of Examination : _____
- 2) Name : _____
- 3) Age : _____ yrs.
- 4) ANC Registered : Yes/No If yes, place/date/month of registration _____
- 5) Education of pt _____ Occupation of pt _____
- 6) Education of Husband _____ Occupation of Husband _____
- 7) No of family members _____ Total family income _____ Rs/month
- 8) Socio-economic class _____ (as per Modified _____ classification)
- 9) Address : _____

B] Complaints – if any: _____

C] Menstrual History : Menarche _____ cycles-day/month, regularity, flow etc.

L. M. P. _____ E.D.D. _____

D] Obstetric History :

Gestational

- Age (wks) _____
Type of _____
Delivery _____
Hosp./ _____
Home _____
Conducted _____
By _____
Baby alive/stillborn/ abortion _____
Live birth interval _____
Use of contraceptives (specify) _____
1. _____
2. _____

E] Family History :

F] Past History : Hypertension/ Diabetes/ S.T.D./T.B./Leishmaniasis etc.

G] Personal History : Bowel/Bladder/Sleep/Appetite/Habitual Addictions etc.

Immunization status Tetanus toxoid / Any other (specify) _____

a) For current pregnancy _____

b) For previous pregnancy _____

Nutritional status (based on Calorie Intake, other nutrients, anthropometry etc.) _____

H] General Examination :

- Height _____ Cms./ Wt. _____ kgs, / TPR / B.P. _____ mm of Hg
- Pallor/Icterus/ Cyanosis/Oedema/ Lymphadenopathy. any other (specify) _____
- Cleanliness of : Skin /Nails/Hair/Clothes/Eyes/Ears/Nose/Oral Cavity / breasts & Nipples etc.

I] P/A Examination:

- Ht. of uterus/presentation and lie of foetus /Head-floating or engaged/foetal movements/FHS/ Any other (specify) _____

J] Systemic Examination:

RS/CNS _____

K] Investigations: - Urine: Albumin/sugar/microscopic/culture.

- Hb% Blood grouping & cross matching/VDRL/HIV/Blood Sugar

- _____ other (specify) _____

L] Clinical impression :

• Whether high risk ? If yes, mention the risk factors. _____

M] Advice to the Patient and Management :

• Immunization/Diet/Supplemental nutrition/personal hygiene/preparation for motherhood/ drugs given (if any) / Warning signs/ follow up visit _____

• Whether the patient/ family members avail services from Anganwadi / Other Community Health Centre /Private Health centre. If yes – Give details. _____

• Give details of referral in high risk cases. _____

N] Follow up :

Findings & Remarks (including advice) _____

During subsequent visits (mention the date of visit) _____

O) Comments :

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Annexure 'D'

PROFORMA

MALNUTRITION CASE (UNDER FIVE YEARS AGE)

A] General Information

- i..Date of Examination : _____
- ii.. Name of the informer & his/her relationship with the child (case)
 1. Name of the child : _____
 2. Date of birth : _____ 3.Age : _____ 4.Sex : Male/Female
 5. Caste /Religion : _____
 6. Address : _____
 7. Whether the child is attending school/Day/Nursery etc. : _____
 8. Father _____ Mother _____
 - I. Name : _____
 - II. Age : _____
 - III. Education : _____
 - IV. Occupation : _____
 - V. Income : _____
9. I Total number of family members and family composition _____
 - II. Total family income _____ Rupees per month
 - III. Per Capita Income _____ Rupees per month
 - IV. Socio economic Status _____ classification

B] Complaints (if any) : _____

C] History of Present illness : _____

D] History of Past illness (if any) : _____

E] Family history : _____

F] Birth history of the case : _____

- i. Place of delivery : Home/ Hospital /Other (Specify) _____
- ii. Delivery conducted by : Untrained or trained Midwife / Nurse / Doctor etc. _____
- iii. Type of delivery : FTND/ Pre mature/SFD/ Assisted delivery etc. _____
- iv. Congenital anomaly : if any give details. _____

G] Anthropometry

- i. Weight : _____ Kgs. Height _____ Cms.
- iii. Chest Circumference _____ Cm. W. Head Circumference _____ Cms
- iv. Mid arm Circumference _____ Cm.

H] Immunization History

- i. B.C.G./ OPV/ DPT/Measles/Any other give details _____
- ii. Immunization card available : Yes/ No. _____

I] Dietary History

- i. Breast feeding : Yes/ No
 - a. If yes : Only breast feed or weaning started _____
 - b. If weaned : Age at weaning type of weaning foods etc. _____
 - c. If not breast feed : At what age breast feeding stopped? (give reason if any) _____
- ii. a. Total calorie intake _____ Calorie /day
- b. Total Protein intake _____ gram/day
- iii. Calorie / Protein deficient if any : Yes/No. _____
If yes mention percentage of deficient _____
- iv. Any other nutritional deficiency (Specify) _____

J] General Examination :

- 1) Built, nourishment & general appearance
- 2) TPR 3) Pallor 4) Icterus 5) Cyanosis 6) Lymphadenopathy
- 7) Oedema 8) Dehydration 9) Eyes 10) Ears
- 11) Face, Nose, Lips & Tongue 12) Teeth gums oral cavity 13) Skin, nails hair
- 14) Rachitic changes. 15) Any other (specify) _____

K] Systemic Examination :RS/CVS/PA/CNS/Gonads

L] Milestones of growth & development

Physical / Psychological/ Motor/ Intellectual / behavioral/ Social
Milestones : Normal/ Augmented/ Delayed

M] Provisional diagnosis / Differential Diagnosis _____

N] Investigations : _____

O] Diagnosis : _____

P] Management, Advise and Comments : _____

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Annexure 'E'

PROFORMA

PathyaApathya, RutuShodhan, Yoga &Nisargopachar Advice to Patients of Attached Hospital.

A) General Information :-

- 1) Sr. No. : _____
- 2) Name of the Patient : _____
- 3) Address : _____
- 4) OPD No. : _____ OPD NO. _____
- 5) Diagnosis : _____
- 6) Date of Advice : _____

B) Advice given

a) Pathya - Apathya

- i. Ahar : _____
- ii. Vihar : _____

b) RutuShodhanUpakrama :

c) Yogopachar: _____

d) Nisargopachar: _____

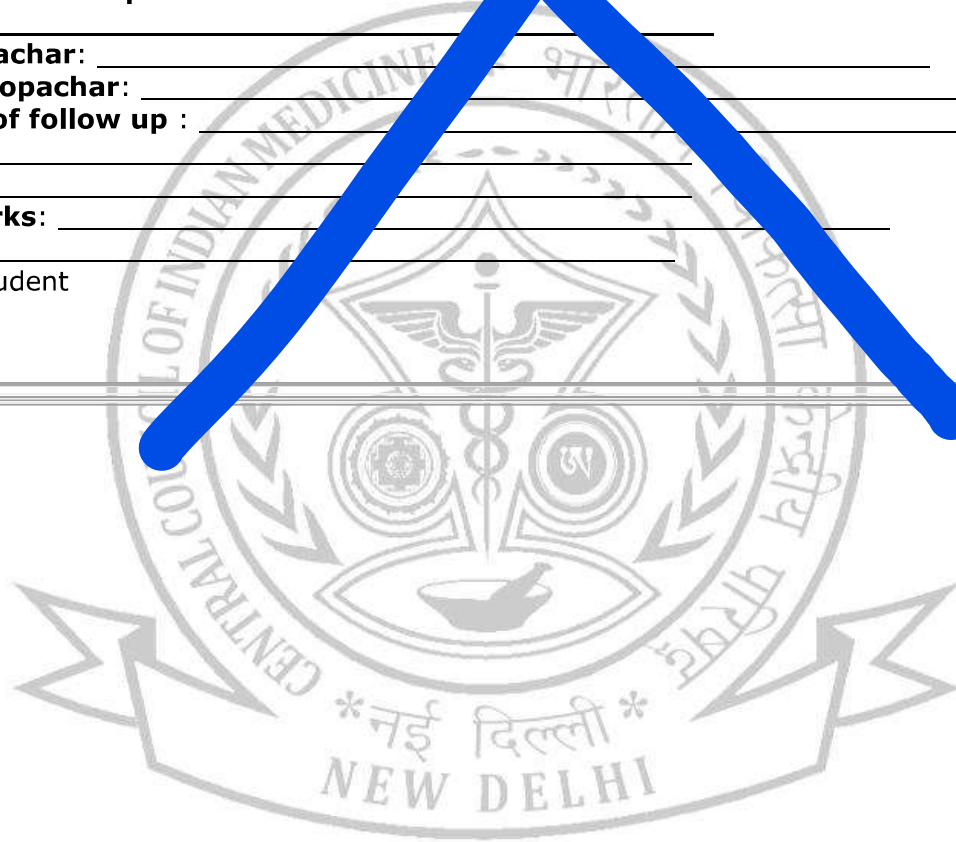
C) Date of follow up : _____

D) Remarks: _____

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Date :- _____



ANNEXURE

HEALTH SURVEY

Name and address of the family head-

Telephone no.

Family profile

Family Structure

Age(in completed years)	Male	Female	Total
<1 yr(infants)			
1-5yrs			
6-15yrs			
16-64yrs			
>65 yrs			

Family Composition

Family type: Nuclear/Joint/Three generat

Total members:

Sr.no	Name	Age in years	Sex	Marital status	Education	Occupation	Income	Medico social status

Immunization status (if relevant)

Per capita monthly income / Total family income/no. of member

Socioeconomic Class

Medico Social status

Infant Children under 5yrs Pregnant Lactating Old age	Leprosy HIV/STD Cancer Diabetes BP/Cardiac problem	Disability Mental retardation Psychiatric problem Alcohol addiction Social evils
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Living Conditions (Housing)

Sr.No.	Housing standards	Score :1 for satisfactory criteria 0 for poor criteria
1.	Construction :Locality, Safety ,Protection	
2	Space :Spatial sufficiency to prevent overcrowding	
3.	Light and Ventilation	
4.	Water :Adequacy, accessibility and safe storage of water	
5.	Sanitation : Washing, bathing, toilet facilities, sanitary disposal of kitchen waste ,garbage and excreta	
6.	Kitchen :Facilities for hygienic cooking and storage of food, smoke outlet	
7.	Environment Disturbances : Noise, air pollution ,weather, Inclemency toxic fumes, dust ,odour ,moisture, open drains, etc. Vector like fly ,mosquito ,rodent and other nuisances	
8.	Animals : Pet, cattle, poultry etc.	
9.	Cleanliness of persons and premises	
10.	Connectivity :Road ,transportation ,communication, schools, hospital cultural ,social, recreational ,recreation, etc	

Assessment of living condition: Score: 6-10 Satisfactory, 0-5 Poor

Vital Events in the Family in last 1 year

Birth:

Adoption:

Marriage/Divorce:

Death with cause:

Social status of the Family

Education:

Occupation:

Living condition:

Social relationship:

Socioeconomic status:

Health Status of the Family - Good/Average/Poor

Which part of family members prefer for treatment- Allopathy/Ayurvedic/Homoeopathy

Epidemiological History for Communicable Diseases

- 1 .Name of disease:
- 2 .Any similar case in the family: Yes/No
3. Any similar case in neighborhood: Yes/No
4. Any contact with similar case: Yes/No

Family (Hereditary) History For Non-communicable Diseases

Non-communicable disease: Present/Absent

If yes, specify:

SIGN OF STUDENT
SIGN OF GUIDE

Format of Practical / Oral Examination

Sr. No.	Heading of Practicals	Marks
1	Daily work book -Log book	10
2	Case Record sheets	10
3	One Long case (Pathya-Apathya advice)	20
4	One Short Case (Yoga and naturopathy advice)	10
5	Yoga demonstration	20
6	Teaching/Topic presentation	10
7	Thesis Presentation	50
	Viva Voce	60
	Total	200

Reference Books

- 1) Relevant portions of Charak, Sushruta, Vagbhata (AshtangHrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan&Yogaratanakara, Bhela Samhita with the respective commentaries
- 2) SwasthavrittaSamuchaya -VaidyaPtRajesvarDuttaShastri
- 3) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 4) SwasthavrittaVigyan - Dr.Ramharsha Singh.
- 5) Swasthvrittam - Dr.BramhanandTripathi
- 6) AyurvediyaSwasthvrittam - Vd.Jalukar
- 7) SwasthaVigyan - Dr.MukundswaroopVerma
- 8) Swasthavritta - Dr.Shivkumar Gaud
- 9) Swasthavritta- Part-I & II- Vd. Mhaiskar, Vd.Vatve
- 10) Ayurvediya Hitopdesha - Vd.RanjitRai Desai
- 11) Preventive and Social Medicine - J.K.Park
- 12) Preventive and Social Medicine - Mahajan
- 13) Preventive and Social Medicine - B.N.Ghosh
- 14) Community Medicine - Baride and Kulkarni

- 15) Preventive and Social Medicine – Gupta
- 16) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
- 17) HathaPradipika – SwatmaramYogendra
- 18) GherandSamhita- Gherand Muni
- 19) Shiva samhita – Kaivalyadhama
- 20) Yoga and Ayurveda - Dr.Rajkumar Jain
- 21) YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
- 22) YogikChikitsa - ShriKedarnath Gupta
- 23) SachitraYogasanDarshika - Dr.IndramohanJha
- 24) Yoga and Yogikchikitsa - Ramharsha Singh
- 25) The Foundation of Contempary Yoga - R.H.Singh
- 26) Yogadeepika - Shri. B.K.S. Iyengar
- 27) YogasidhantaevumSadhna - H.S.Datar
- 28) PrakritikaChikitsa -Kedarnath Gupta
- 29) PrakrutikChikitsaVigyan - Verma
- 30) PrakrutikChikitsaVidhi - Sharan Prasad
- 31) Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
- 32) Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
- 33) Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 34) Health and Familywelfare - T.L.Devraj
- 35) Bio-Statistics - B.K. Mahajan
- 36) Swasthavritta - Vd.Sakad
- 37) Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
- 38) Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
- 39) Swasthavritta – Vd. Patrikar Vijay
- 40) Swasthavrittavidnyan - Dr.MangalaGowri
- 41)Positive Health - Dr.L.P.Gupta
- 42)Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
- 43)Text book of Swasthavritta - Dr.Ranade, Dr.Bobade, Dr.Deshpande
- 44) Food and nutrition – Swaminathan
- 45) Yoga and Nisargopachar- Vd. Prama Joshi
- 46) Yogic sukshnavyayam –Swami Dheerendra Brahmachari
- 47)Integrated approach of Yoga therapy for Positive Health-Dr R Nagarathna and Dr H.R.Nagendra
- 48) Yogavasistha

Reviewed by

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2. Dr. Arpan Bhatt
3. Dr. Medha Kulkarni