

# Tantia University

Sri Ganganagar

Ph.D. Course Work Syllabus

Ayurveda (SWASTHAVRITTA)

Maximum Marks-100

Minimum Marks-55

## PART-A

**Part A- 40 Marks**

**Total Credits = 4**

**Total Hours=4x45= 180 Hours**

### **Introduction to Research**

Introduction of Research, Research methodology, Defining Research problem and formulation of hypothesis, research design, sampling design, measuring and scaling techniques, methods of data collection.

Pure and Applied Research, Exploring or Formulative Research, Descriptive Research, Diagnostic Research/Study, Evaluation Research/Studies, Action Research, Experimental Research, Historical Research, Surveys, Case Study, Field Studies

Research Ethics: Characteristics and format of research paper, article, thesis writing, review of Related Literature, Purpose of the review, Identification of the related literature. Organizing the related literature.

### **Statistics**

Concept of statistics, relevance in research, parametric and non-parametric data; graphical representation of data: histogram, frequency polygon, ogive and pie chart; Measures of Central Tendency, Correlation, t-test chi square test

### **Computer Application**

Basic and fundamental knowledge of Computer and its Applications. Introduction, Application Area, Operating System, Windows, Office, Internet.

## PART-B

**Part B- 60 Marks (Subject based)**

**Total Credits = 6**

**Total Hours=6x45= 270 Hours**

### **VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA (PERSONAL AND MORAL HYGIENE)**

1. Role of Swastha and Swasthavritta 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 – According to Brahtrayi and Laghutrayi
4. Practical application of Dinacharya in today's era with probable mode of action and physiological effect of these procedures.
5. Ratricharya
6. Study of Day and night pattern in various countries and its relevances to the status of health. Explain the seasonal variation
7. Ritucharya –According to Brahtrayi and Laghutrayi
8. Preventive & Promotive aspects of Ritucharya and its need and importance in present Era, Importance of Ritusandhi and Yamadamshttra.
9. Ritu Shodhana technique with reference to various Ritus, its method and mode of action in disease prevention.
10. Adarniya Vega- Disease and its control
11. Ahara – Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara and Sharngadhara.
12. Dietetics intervention in malnutrition, under nutrition and over nutrition as per Ayurveda and modern science.
13. Rules of Dietetics according to Charaka, Sushruta and Vagbhata.
14. Pros and Cons of vegetarian and non-vegetarian foods.
15. Viruddhahara – Classical and modern day examples and its impact on health.
16. Knowledge about Assessment of nutritional status of individual and community.
17. Pathya Apathya Aahar-Vihar 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, Mutrakrichchrra, Ashmari, Vidradhi, Shotha, Visarpa, Vatavyadhi, Vatarakta, Shiro-Karna-Nasa- Mukha- NetraRoga.
18. AyurvediyaAhara, Aushadha Kalpana in relation with nutraceuticals and nutragenomics (PrakrutiAnurupAhara).
19. Food adulteration, methods for detecting, controlling food adulteration and its legislative control.
20. Role of Nidra, Brahmacharya, Abrahmacharya in maintenance of health and causation of diseases and theirmanagement.
21. Sadvritta – Description of Charaka, Sushruta and Vagbhata. Clinical importance of Achara Rasayana, NityaRasayana and Sadvritta in prevention of disease & promotion of health
22. Rasayana and Vajikaran
23. Role of Ayurveda in mentalhealth.
24. Vyadhikshamatva and Immunity

**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 Shuddhikaranaand Prakasha, Shabda,Vikirana)
6. Disinfection practices for the community – Ayurvedic and Modern.
7. Immunization programmes. Possible contribution of Ayurveda. E.g. Suvarnaprashana, Karnapalibhedanaetc.
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 deadbody.
10. Management of biomedical waste. Biomedical waste act- 1998,2016.
11. Occupational Health. Role of Ayurveda in Occupational health, in ESI and other Governmentsectors.
12. Medical Entomology– Arthropods of medical importance and their controlmeasures.
13. Medical parasitology and control in relation to communicablediseases.
14. School Health Services and possible contribution ofAyurveda.
15. Demography and Family Planning. Recent developments in family planning measures and contribution ofAyurveda.
16. Family Welfare Programme and the role of Ayurveda init.
17. Old age problems in community. Role of Swasthavritta in Geriatriccare.
18. Role of Ayurveda in palliative, rehabilitative and convalasencecare.
19. Life Style disorders and Non Communicable diseases in community and the role of Ayurveda inthem.
20. Medical Sociology - adolescent health, social and behavioral problems, its policy for prevention and control, public relation, doctor patient relationship and hospital sociology.

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

1. Epidemiology and Clinical epidemiology of different communicable diseases, re- emerging and newer diseases and the role of Ayurveda in them.
2. Critical evaluation of Janapadodhdhwamsa.
3. Investigations for communicable diseases, STD and preventive measures with Ayurveda view
4. Sexually Transmitted Diseases and their control according to Ayurveda.
5. Investigation and control of an Epidemic and probable role of Ayurveda in it.
6. Notifiable diseases and procedure for notification and other formalities.
7. Ayurvedic concept of health maintenance for travelers. Health Tourism
8. Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.
9. AYUSH- aims, objectives, structure, function and health policies.
10. National Health Programmes and possible contribution of Ayurveda in them.
11. Health administration in India.
12. National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyana.
13. National and International Health Agencies and their activities.
14. Disaster management
15. Statistics related with Infectious diseases at International, National and State levels.
16. Vital Statistics. Basic Knowledge of research and statistics
17. Basic Knowledge of computer like Microsoft word, Microsoft excel, ppt etc.

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

1. History and evolution of Yoga
2. Different school of Yoga and its application
3. Nirukti and definitions of yoga
4. Rajayoga – (Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
5. Hathayoga - according to Hatha yoga Pradipika, Gheranda Samhita and Shiva Samhita.

6. Karmayoga – Philosophy according to Bhagavad Gita
7. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
8. Concept of Sthula, Sukshma and Karana Shariras
9. Concept of Panchakosha with modern correlation
10. Concept of Shat Chakras, Nadis and Kundalini. Signs of Nadishuddhi.
11. Physiological effect of Yoga on Body and mind – ancient and modern concepts.
12. Suryanamaskara and its effect on health.
13. Shat Kriyas and its physiological their therapeutic effects.
14. 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.
15. Yoga in Ayurveda –Definition, Concept of Moksha, Tools for Moksha, Naishthikichikitsa, TattvaSmriti, Satyabudhhi, YoginamBalamAishwaram, MuktaAtmalaxana (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.