

**SV801**

**SWASTHAVRITTA - I**

**4-0-0-4**

**Concept of Ahara, Vihara and Rasayanam in Health**

1. Principles of Ayurvedic dietetics and modern concept of nutrition in promotion of health & prevention of diseases related to nutrition.
2. Concept of Food hygiene and its role in maintenance of health .Aharavargas and comparison with today's' food items.
3. Staple diet of various States of India - Staple diet of various countries in correlation with their climate.
4. Principles of Ayurvedic Dietetics and Modern view of nutrition .Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers.
5. Food intervention in malnutrition, under nutrition, over nutrition and Life style related diseases viz.Sthoulya, Hridroga, Madhumeha, SandhigataVataVikara.
6. Application of Ayurvedic principles in the field of sports (in curative, preventive and promotive levels) - Ayurvedic Diet and yogic practices in the field of sports.
7. Understanding rasayana in perspective of: Neutriceutical action - Immunomodulation, Oxygen free radicals & Antioxidant activity -Adapt genesis, Cell proliferative activity, Cell regenerativeactivity, Genoprotectiveactivity, Micronutrients, Anabolic activity.
8. Principles of Health Education. Genetics in Ayurveda and Modern Science
9. Mental Health and the role of Ayurveda in it. Vyadhikshamatva – Modern and Ayurvedic concepts
10. Viruddhahara – Classical and modern day examples. Prajnaparadha – Causes, Effects and solution. Rasayana procedures for Swastha
11. Yoga and Naturopathy – Scope and applications in preventive medicine.

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**SWASTHAVRITTA - II**

**4-0-0-4**

**Samajika Swasthavrittam and Samkramaka Roga**

1. Concept of community health. Concept of Prevention according to Ayurveda. Concept of prevention according to Modern medicine. Levels of prevention. Stages of intervention.
2. Life Style disorders (Non Communicable diseases) in community and the role of Ayurveda in them.
3. Ayurvedic methods of Vyadhikshamatva. Modern Concept of Epidemiology
4. Critical evaluation of Janapadodhwamsa. Epidemiology of different Communicable diseases in detail.
5. General investigations for Communicable diseases. Ayurvedic view of Samkramaka Rogas. Investigation of an Epidemic
6. Contribution of Ayurveda in National Health Programmes - AYUSH, NRHM, administration, functions and programmes
7. Role of Ayurved in Rural and Urban Health Mission - National Health Policy and Role of Ayurved in it.
8. National and International Health Agencies and their current activities - Statistics related with Infectious diseases at International, National and State levels.
9. Importance of ritu shodana in prevention of diseases

10. Statistics related with Infectious diseases at International, National and State levels

**TEXT BOOKS/ REFERENCES:**

- 1) SwasthavrittaSamuchaya –VaidyaPtRajesvarDuttaShastri
- 2) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 3) PrakritikaChikitsa -Kedarnath Gupta
- 4) Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
- 5) SwasthaVigyan - Dr.MukundswaroopVerma
- 6) Ayurvediya Hitopdesh - Vd.RanjitRai Desai
- 7) Yoga and Ayurveda - Dr.Rajkumar Jain
- 8) SwasthvrittaVigyan - Dr.Ramharsha Singh.
- 9) Swasthvrittam - Dr.BramhanandTripathi
- 10) AyurvediyaSwasthvrittam - Vd.Jalukar
- 11) HathayogPradipika – SwatmaramYogendra (Kaivalyadhama)
- 12) YogikYogPadhati – BharatiyaprakrutikChikitsaPadhat
- 13) YogikChikitsa - ShriKedarnath Gupta
- 14) PrakrutikChikitsaVigyan - Verma
- 15) Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 16) Swasthvritta - Dr.Shivkumar Gaud
- 17) Health and Familywelfare - T.L.Devraj
- 18) SachitraYogasanDarshika - Dr.IndramohanJha
- 19) Preventive and Social medicine - J.K.Park
- 20) Yogadeepika - Shri. B.K.S. Iyengar
- 21) Swasthavritta - Vd.Sakad
- 22) Positive Health - Dr.L.P.Gupta
- 23) Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta