



# CSMSS AYURVED MAHAVIDYALAYA & RUGNALAYA,

Kanchanwadi, Aurangabad.

## DEPT. SWASTHVRITTA



Dept. of Swasthavritta

### ANNUAL TEACHING PLAN 2020-21

TERM	TOPIC	NO. OF LECTURES T200 P--100	TEACHER NAME 200 LECTURES— DR ANTAPURKA R-58 DR BHOSALE61 DR RATHOD-82 TOTAL--201
IST	<b>Paper-I PART A-</b> VAIYAKTIKA SWASTHAVRITTA 50 marks Introduction Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health. Dimensions of health-Physical,Mental,Social. Concept of wellbeing-objective, subjective, standard of living, quality of life.	8hrs	Dr. Rathod
IST	Dinacharya 1. Definition of Dinacharya 2. Aims and importance of dinachary 3. Brahma Muhurta evam Utthana 4. Usha Jalapana 5. Sharirachinta 6. Malatyaga 7. Mukha prakshalan 8. Dantadhavana and preparation of Ayurvedic tooth powder and paste 9. Jihvanirlekhanavidhi 10. Anjana 11. Pratimarsha Nasya 12. Gandusha and Kavala 13. Tambulasevana 14. Dhoomapana 15. Abhyanga 16. Udvardana 17. Utsadana 18. Vyayama 19. Chankramana 20. Snana 21. Anulepana 22. Vastra dharana 23. Danda dharana 24. Padatra dharana 25. Chatra dharana 26. Ushnisha dharana 27. Ratnabharana dharana 28. Madhyahna charya 29. Cosmetic effect of Dinacharya procedures	10hrs	Dr. Rathod
IST	Rathricharya 1. Sandhya charya 2. Rathri bhojana vidhi 3.	3 hrs	Dr. Rathod

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Prepared By

Approved By



*Jeshumkh*  
Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.



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	Shayanavidhi according to Bhavamishr		
IST	Ritucharya 1. Importance of ritucharya 2. Ritu presentation as per different acharyas 3. Adana kala & visarga kala 4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu 5. Doshashodhana in Ritu Charya 6. Relation of Agni bala and Ritu 7. Pathya and Apathya Ahara and Vihara in different ritus 8. a) Ritusandhi b) Yamadamsthra c) Rituharitaki d) Rituviaryaya	8hrs	Dr. Rathod
IST	Sadvritta Description of Sadvritta and Achara Rasayana their role in Prevention and control of	3 hrs	Dr. Rathod
IST	Nidra- Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.	2 HRS	Dr. Rathod
IST	Brahmacharya – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha(Libido) through Vajikarana, Viryanasa phala	2 HRS	Dr. Rathod
IST	Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan	4HRS	Dr. Rathod
			Dr. Rathod
IST	Vayu (Air) Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – Ayurvedic aspect. Composition of air. Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort. Air pollution – health and social aspects, Prevention and control of air pollution ,Global warming. Ventilation and its types. Mountain air & High altitude – Health problems	5hrs	Dr. Rathod
IST	Bhumi and nivasa sthana(Land and housing)	4 HR	Dr. Rathod

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Prepared By

Approved By



*Jeshumka*  
I/c Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.





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	Types of soil, soil & health, Land pollution, Bhumi shodhana, Nivasa yoga bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.		
IIND	Dhwani pradooshana (Noise pollution) -Noise, Sources, effects, & control Vikirana (Radiation)- sources, effects and control measures.	2HR	Dr. Rathod
IIND	Meteorology (Ritu evam Vatavarana jnanam) Definition of weather and climate, factors influencing weather and climate.	2HRS	Dr. Rathod
IIND	Disaster management Definition, natural and man-made disasters, epidemiologic surveillance and disease control	3 HRS	Dr. Rathod
IIND	Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer	10 HRS	Dr. Rathod
IIND	School health services Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment	2 HRS	Dr. Rathod
IIND	Chikitsalaya Bhavana (Hospital Building)	2 HRS	Dr. Rathod
IIND	Preventive geriatrics-Problems of elderly, prevention and control measures.	3hr	Dr. Rathod
IIND	World Health Organisation-Objectives, structure and functions. International health agencies-United Nations agencies, Health work of bilateral agencies. Alma Ata declaration National Health Policy	5hrs	Dr. Rathod
IIND	Health statistics-		
IIND	Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics-Morbidity rates, Mortality rates, Fertility rates. Health survey	4 hr	Dr. Rathod
IST	Ahara Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani,	10 HRS	68 DR ANTAPURKA R

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Prepared By

Approved By



*Jeshumkh*  
Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.



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	<p>Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama &amp; tajjanya vyadhaya, Santarpanajanya evam Apararpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam. Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga - Dhanya varga(Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga(Fats and Oils), Ikshu varga &amp; Madhya varga(Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices &amp; Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types). Food hygiene Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk. Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non- vegetarian diet, Effects of spices and condiments Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders- Diabetes, Hypertension, Obesity</p>		
IST	<p>Rasayana for Swastha-Nirukti, paribhasha(definition ), classification and examples Ashta nindita purusha Menstrual hygiene</p>	2hr	Dr. Antapurkar
IST	<p>Jala (Ayurvedic and modern aspects) Importance of water , safe and wholesome water, water requirements, properties, types and sources of water,water pollution and health hazards, Methods of water purification. Hardness of Water.</p>	6 HRS	Dr. Antapurkar

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Prepared By

Approved By



*Rashmi*  
I/C Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.





# CSMSS AYURVED MAHAVIDYALAYA & RUGNALAYA,

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	Examination, Tests and analysis of water.		
IST	Prakasha (lighting) Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting	2 HRS	Dr. Antapurkar
IST	Epidemiology Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, investigation of epidemic. Disinfection – definition, types	7HRS	Dr. Antapurkar
IST	Disposal of dead body – Burial, Burning, Electric cremation.	2 HRS	Dr. Antapurkar
IIND	Mardana (Massage) – different methods and effects	2 HRS	Dr. Antapurkar
IIND	Diet types – Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet Upavasa chikitsa (Fasting therapy) – Importance, types, therapeutic effects of fasting. Visrama chikitsa upayoga	5 HRS	Dr. Antapurkar
IIND	Shatkarma Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati	6 HRS	Dr. Antapurkar
IIND	Pranayama Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yuktaayukta lakshana Nadishudhi Pranayama . Kumbhakabhedha – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini. Nadishudhilakshana	6 HRS	Dr. Antapurkar
IIND	Apadravya Nirmulana (Disposal of solid waste) Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management Malanishkasana Vyavastha (Excreta Disposal) Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals	2 HRS	Dr. Antapurkar

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Prepared By

Approved By



*Prashant*  
I/c Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
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IIND	Parivara kalyana Yojana (Family welfare Programmes)– Demography, demographic cycle, life expectancy. Family planning, methods of family planning.	5 HRS	Dr. Antapurkar
IIND	Matru sishu kalyana Yojana – MCH programme Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of	3 HRS	Dr. Antapurkar
IST	YOGA Introduction Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa.	12 hrs	70 Dr. Bhosale
IST	Panchakosha Theory Astanga yoga Yama, Niyama Asana and its importance Standing Postures Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana. Sitting postures Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhamatsyendrasana, Siddhasana. Supine Postures Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana. Prone postures Bhujangasana, Shalbhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	10 hrs	Dr. Bhosale
IST	NISARGOPACHARA (Prakritika Chikitsa ) Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era. Jalachikitsa(hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath. Mrittika chikitsa (Mud therapy) Types	5hrs	Dr. . Bhosale

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Prepared By

Approved By



*Reshmi*  
I/c Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.





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	of soil, doctrine of mud selection, mud bath. Suryakirana sevana (sun bath - heliotherapy)		
IST	Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana	5 hrs	Dr. Bhosale
IST	Occupational Health Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary	5 hrs	Dr . Bhosale
IST	Ayurvedic concept of Vyadhikshamatva and sankramaka rogas. Epidemiology of communicable Diseases Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis , Leprosy, Rabies , Tetanus, Emerging and re-emerging diseases Kuprasangaja vyadhi (STDs) AIDS, Syphilis, Gonorrhoea, Chanchroid	10hrs	Dr . Bhosale i
IIND	National health programmes Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI),Diabetes (NDCP), Cancer (NCCP) , Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme. National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.	10 hrs	Dr . Bhosale
IIND	Bandhas and Mudras Shad chakras, Ida-pingala-sushumna nadis. Pratyahara, Dharana, Dhyana, Samadhi Description of Yoga in Ayurveda Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.	4 hrs	Dr. Bhosale

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Prepared By

Approved By



*Prashant*  
**Principel**  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.



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DR ANTAP URKAR -36 DR BHOSA LE-46 DR RATHO D-36 TOTAL- -118	PRACTICALS                    100  • Demonstration of Dinacharya procedures- anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvartana. Parichaya of aharadravya, immunization agents,-- <b>IST TERM</b>	10 hrs...  6hrs  20hrs  06hrs  6 hrs  ...20 hrs..... .....  .....2 hrs...  ..6 hrs	Dr Rathod..... ..... ..... .....Dr ANTAPURKA R..... ...Dr . Bhosale ..... ..... DR.ANTAPU RKAR..... ..... ..... Dr ANTAPURKA R..... ..... ..... a.....ALL STAFF..... ..... ..... ..... ..... ..... DR ANTAPURKA R
8	Prepared By	Approved By	ALL STAFF



*Prashant*  
**I/c Principal**  
 C.S.M.S.S. Ayurved Mahavidyalaya,  
 Kanchanwadi, Aurangabad

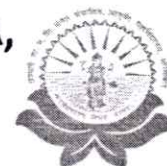




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	<ul style="list-style-type: none"><li>• disinfectants and family planning devices <b>IST-TERM</b></li><li>• Practical demonstrations of Asanas mentioned in the syllabus---<b>IST TERM/IIND TERM</b></li><li>• Pranayama(Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi)—<b>IIND TERM</b></li><li>• Shad karmas(Jala dhauti, Jananeti, Sutraneti, Trataka, Kapalabhati)—<b>IIND TERM</b></li><li>• Health survey- Minimum 5 families of rural and urban areas. <b>IIND TERM</b></li><li>• There should be 3 case sheets for Yoga Naturopathy &amp; pathya apathya together and 3 case sheets for communicable diseases. Proformas for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities-<b>IIND TERM</b></li></ul>		
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. Preparing and delivering of a health educational talk on health related issues.  
A short compilation on any topic on environmental health  
. Educational Visits Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit. Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health. Visit of rural Ayurvedic dispensary. Visit to naturopathy centre to observe naturopathic treatment modalities.

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Prepared By

Approved By



*Arshankh*  
I/c Principal  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad.