**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.
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.
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.

**Samajika Swasthavrittam and Samkramaka Roga**

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
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
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