

## **PhD Course Work Syllabus - Swasthavritta**

**Theory: 60 Marks**

### **Single Paper: Advanced Studies in Swasthavritta**

#### **Part A: Advanced Personal and Community Health**

1. Philosophical and theoretical foundations of Swasthavritta in socio-cultural, developmental, and environmental health.
2. Health indicators, disease epidemiology, and computational modeling of disease patterns.
3. Critical comparative analysis of Dinacharya, Ratricharya, and Ritucharya with clinical applicability in modern healthcare.
4. Ahara and dietetics in Ayurveda, nutraceuticals, nutrigenomics, and food safety regulations.
5. Role of Sadvritta, Achar Rasayana, and Rasayana-Vajikarana in stress management, cognitive enhancement, and geriatric care.
6. Ayurveda in tackling lifestyle disorders, immunology (Vyadhikshamatva), and genomic applications in healthcare.
7. Ayurvedic and modern perspectives on community health, public health policies, and preventive strategies.

#### **Part B: Health Administration, Research Methodology, and Yoga**

1. National and international health administration systems, AYUSH policies, and Ayurveda integration in global healthcare.
2. Disaster management, nosocomial infections, and innovative hospital management strategies in Ayurveda.
3. Evolution of Yoga, neurophysiological impact, and therapeutic applications in disease management.
4. Integrative approach of Yoga with Ayurveda, including Moksha, Naishthiki Chikitsa, and Rasayana.
5. Principles of Nisargopachara and its role in holistic health, including hydrotherapy, chromotherapy, and chrono-nutrition.

**Practical: 40 Marks**

#### **1. Advanced Practical Training**

- Standardization and application of Dinacharya and Yoga practices.
- Clinical trials on Yogic and Ayurvedic interventions.

## 2. Public Health and Epidemiological Field Work

- Health awareness programs and policy advocacy.
- Community health surveys and AI-based data analysis.

## 3. Research and Thesis Presentation

- Development of innovative research models and high-impact publications.
- Statistical analysis and evidence-based research in Ayurveda.
- Case study discussions on Swasthavritta principles.

## 4. Pedagogical and Teaching Training

- Designing and delivering lectures for postgraduate and doctoral students.
- Development of Ayurveda-based educational curriculums.

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e.h.g.

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