

**BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY), PUNE, INDIA
PhD Entrance Test – 2020
SECTION-II: SWASTHAVRITTA - 50 Marks**

PART-A

1. Importance and relevance of Swasthavritta and Community Medicine.
2. Concept of Swastha(health) as per Ayurveda and Modern Medicine. Definitions and dimensions of health as per Ayurveda and World Health Organization.
3. Knowledge of Dinacharya, Ratricharya and Ritucharya and its utility in prevention of diseases & Health Promotion.
4. Adharaniya and Dharaniya Vega. Its effect on the body & knowledge of same in prevention of diseases and health promotion with examples.
5. Ahara- classification according to various samhitas, principles of Ayurvedic dietetics and modern concept of nutrition in promotion of health &prevention of diseases related to nutrition. Concept of Food hygiene and its role in maintenance of health.
6. Concept of Vyadhikshamatva. Concept of Bala and Ojas in relation to health. Immunity-Basics & types.
7. Environmental Health- concept of water, soil and air purification as per Ayurveda and modern science.
8. Concept of trayopstambha in health promotion & prevention of diseases.

PART-B

9. Concept of Janapadodhwamsa and tools of its prevention. Principles of Epidemiology- Dynamics of disease transmission, modes of transmission. Levels of disease prevention. Concept of disease control and intervention strategies.
10. Principles of Health Education & its importance in prevention of communicable diseases.
11. Introduction to Meteorology
12. National health programs, family welfare programme, RCH programme & role of Ayurved in same.
13. AYUSH, NRHM, administration, functions & programmes.
14. The concept of Yoga, Ashtanga Yoga& Hatha yoga and its relation to health.
15. Basic concepts &principles of Nisargopachara. Various treatment modalities in naturopathy & its importance in present era.
16. National Health Programmes. Contribution of Ayurveda in National Health Programmes.
17. Disposal of Wastes- Refuse, Sewage.