

TANTIA UNIVERSITY, SRI GANGANAGAR

Syllabus Entrance Examination for Ph.D.

Subject- AYURVEDA (SWASTHAVRITTA)

Maximum Marks-100

Part A- 50 (Research Methodology)

Part B- 50 (Subject Wise)

PART-A

Research Methodology and Statistics

- UNIT 1: Meaning of Research
 Aims, nature and scope of research
 Prerequisites of research
- UNIT 2: Research Problem
 Meaning of research problem Sources of research problem Characteristics
 of a good research problem
 Hypothesis: Meaning and types of hypothesis. Research proposal or
 synopsis.
- UNIT 3: Types and Methods of Research
 Classification of Research
 Pure and Applied Research
 Exploring or Formulative Research
 Descriptive Research
 Diagnostic Research/Study
 Evaluation Research/Studies
 Action Research
 Experimental Research
 Historical Research
 Surveys
 Case Study
 Field Studies
- Unit 4: Review of Related Literature
 Purpose of the review. Identification of the related literature. Organizing
 the related literature.
- UNIT 5: Data Collection (Sampling) Sampling and Population Techniques of sampling
 Selection Characteristics of a good sample Types of data.
- UNIT 6: Tools of Data Collection
 Observation, Interview, Questionnaire, Rating scales, Attitude scales,
 Schedules, Characteristics of good research tools.

UNIT 7: Statistics

Concept of statistics, relevance in education, parametric and non-parametric data; graphical representation of data: histogram, frequency polygon, ogive and pie chart; Measures of Central Tendency: concept, computation and interpretation; measures of variability: concept, computation and interpretation; normal probability curve: concept, application and interpretation.

Correlation: concept, computation and interpretation- Product Moment, Rank Order, Biserial, Point Biserial, Phi, Contingency, Tetrachoric; significance of mean: concept, computation and interpretation of significance of t-test (correlated and uncorrelated, matched, paired-unpaired, matching- paired); ANOVA (One way) : concept, computation and interpretation, regression and prediction; chi square: concept, computation and interpretation (equal and normal probability).

UNIT 8: Research Report

Format of the research report Style of writing the report References and bibliography

Reference books:

1. Best John W. and James Kahn, V., 1989, Research in Education, Sixth Edition, Prentice- Hall of India Pvt.Ltd, New Delhi.
2. Sharma R.A., 1992, Fundamentals of Educational Research, Loyal Book Depot, Meerut, UP, India.
3. Kulbir Singh Sidhu, 1990, Methodology of Research in Education, Sterling Publishers Pvt. Ltd., New Delhi.
4. Lokesh Koul, 1997 Methodology of educational Research, third edition, Vikas Publishing House Pvt. Ltd. , New Delhi.
5. Kothari C.R., 1990, Research Methodology Methods and Techniques, Wiley Eastern Limited, New Delhi.
6. Borg Walter R., Gall Meridith D., 1983, Educational Research an Introduction, Fourth Edition, Longman, New York & London.
7. Nitko Anthony J., 1983, Educational Tests and Measurement an Introduction, Harcourt Brace Jovanovich, Inc., New York.
8. Aggarwal Y.P., 1988, Statistical Methods Sterling Publishers Pvt. Ltd., New Delhi.
9. Garret Hnery E., 1985 Statistics in Psychology and Education, Viakils, Feffer and Simon, Bombay.
10. Guilford, J.P., and Benjamin Fruchter, 1982 Fundamentals of statistics in Psychology and Education, Fifth edition, Mc Graw-Hill Book Company, New York.

11. Gupta S.C. and Kapoor V.K., 1999, Fundamentals of Mathematical Statistics, Sultan Chand & Sons Educational Publishers, New Delhi.
12. Grewal P.S., Methods of Statistics Analysis, Sterling Publishers Pvt. Ltd., New Delhi.
13. Bruce W. Tuckman, Statistics in Psychology and Education.

Part-B

AYURVEDA (SWASTHAVRITTA)

A. VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA

1. Concept of holistic health according to Ayurveda.
2. Spectrum of health, Iceberg phenomenon of diseases, dimensions of health.
3. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
4. Probable Physiologic effect of Dinacharya procedures.
5. Ratricharya – Bhavamishra and other classics.
6. Day and night pattern in various countries.
7. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita and Bhavamishra.
8. Ritus prevalent in various Indian states.
9. Ritu pattern in various countries of the world.
10. Shodhana Schedule for Ritusandhis.
11. Concept of Vegas, types and the physiology behind each vega and vegadharana.
12. Ahara – Classical food items in Charaka, Sushruta, Vagbhata and Sharangadhara.
13. Aharavargas and comparison with today's food items.
14. Staple diet of various States of India.
15. Staple diet of various countries in correlation with their climate.
16. Principles of dietetics. Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers.
17. Food intervention in malnutrition, under nutrition and over nutrition.
18. Rules of food intake according to Charaka, Sushruta and Vagbhata.
19. Pros and Cons of vegetarian and Non vegetarian foods.
20. Viruddhahara – Classical and modern day examples.
21. Sadvritha – Compare Charaka, Sushruta and Vagbhata .
22. Prajnaparadha – Causes, Effects and solution.
23. Achara Rasayana, Nityarasayana.
24. Rasayana procedures for Swastha
25. Vajeekarana for Swastha.
26. Mental Health and the role of Ayurveda in it.
27. Vyadhikshamatva – Modern and Ayurvedic concepts.
28. Principles of Health Education.
29. Genetics in Ayurveda and Modern Science

B. SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)

1. Concept of community health.
2. Concept of Prevention according to Ayurveda.
3. Concept of prevention according to Modern medicine. Levels of prevention. Stages of intervention.
4. Web of causation of diseases, Multifactorial causation.
5. Natural History of diseases.
6. Ecology and community health.
7. Disinfection practices for the community – Modern and Ayurvedic.
8. Immunization programmes. Possible contribution of Ayurveda.

9. Environment and community health (Bhumi, Jala, Vayu, Shuddhikarana, Prakasha, Shabda, Vikirana)
10. Housing –W.H.O Standards. Design of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
11. Disposal of Wastes- Refuse, Sewage. Methods of Sewage disposal in sewered and unsewered areas.
12. Occupational Health. Ergonomics. Role of Ayurveda in ESI.
13. Medical Entomology– Arthropods of Medical Importance and their control measures.
14. Knowledge of parasites in relation to communicable diseases.
15. School Health Services and possible contribution of Ayurveda.
16. Demography and Family Planning.
17. Family Welfare Programme and the role of Ayurveda in it.
18. Old age problems in community. Role of Ayurveda in Geriatrics.
19. Care of the disabled.
20. Life Style disorders (Non Communicable diseases) in community and the role of Ayurveda in them.
21. Health tourism. Ayurvedic Resort Management- Panchakarma and allied procedures.
22. Medical Sociology.

C. SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYAPRASHASANAM

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadodhwamsa.
3. Epidemiology of different Communicable diseases in detail.
4. General investigations for Communicable diseases
5. Sexually Transmitted Diseases and their control
6. Ayurvedic view of Samkramaka Rogas.
7. Investigation of an Epidemic
8. Control of Epidemics.
9. Host Defenses.
10. Ayurvedic methods of Vyadhikshamatva.
11. Health advice to travelers.
12. Hospital, Isolation ward and bio medical waste management
13. National Health Programmes. Contribution of Ayurveda in National Health Programmes.
14. Health administration under Ministry of H &FWD
15. AYUSH, NRHM, NUHM administration, functions and programmes.
16. National and International Health Agencies and their current activities.
17. Disaster management
18. Statistics related with Infectious diseases at International, National and State levels
19. Vital Statistics

D. YOGA AND NISARGOPACHARA

1. History and evolution of Yoga
2. Different Schools of Yoga
3. Rajayoga –(Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
4. Hathayoga - according to Hathayogapradeepika, GherandaSamhita and Shivsamhita.
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
7. Physiological effect of Yoga on Body and mind – Ancient and modern concepts.
8. Concept of Sthula, Sukshma and Karana Shariras
9. Concept of Panchakoshas
10. Concept of Shad chakras and Kundalini
11. Shad Kriyas and their therapeutic effects.

12. Therapeutic effect of yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Piles, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Head Ache, Juvenile Delinquency, Mental retardation, Depression, Neurosis, Sexual Dysfunction, Uterine Disorders, Cancer.
13. Yoga in Ayurveda –Concept of moksha, Tools for Moksha, Naishthikichikitsa, Tatva Smriti, Satyabudhi, yoginam Balam Aishwaram (Charaka Samhita Sharirasthana chapter 1 & 5)
14. History of Nisargopachara.
15. Basic Principles of Western School of Nature Cure
16. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic utility.
17. Different types of Massage and their therapeutic effects
18. Concepts of Acupuncture and Acupressure.
19. Principles of Chromotherapy and Magnetotherapy

