

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS FOR SCREENING TEST FOR THE POST OF YOGA AND PRAKRITIK CHIKITSA OFFICER DEPARTMENT OF AYURVED

PART-A

UNIT-I (Basics of Sanskrit)

Vachan, Purush, Ling, Sandhi, Samas, Karak, Panch-Lakar (Path Dhatu), Uchcharan Sthan, Shabdarth.

UNIT-II (Anatomy and Physiology)

Panchabhautik Sharir, Panchakosha theory, Nadi, Shatachakra, Antahkaran-Chatushty (Man, Buddhi, Chitta and Ahamkar), Atma, Karma Purush. Gross Anatomy and Physiology of Digestive, Respiratory, Cardio-Vascular, Genito-urinary, Nervous, Musculo-skeletal and Endocrine System.

UNIT-III (Ayurveda)

A- Basics of Ayurveda :- Dosh, Dhatu, Mala, Prakriti (Sharirik & Mansik), Trigun, Panchmahabhut, Agni, Dravya, Ras, Gun, Virya, Vipak, Prabhav, Karma, Vyadhikshamatva.

B- Swasthavritta :- Swasth lakshan, WHO definition of Health, Dincharya, Ratricharya, Ritucharya, Dharniya-Adharniya vega, Sadvritta, Acharrasayan, Nindit- anindit Purush, Trayopstambh, Aharvidhivisheshayatan, Santarpan-apatarpanjanyavyadhi, Aharparinamkar bhav, Dvadash Ahar varg, Janapadodwans.

C- Rog Nidan :- Different classification and concept of diseases, Rogirog Pariksha, common gynecological disorders and obstetrics.

UNIT-IV (Naturopathy)

A- Basics of Naturopathy :- History and fundamental principles of Naturopathy, Famous Indian and foreign naturopaths, Concepts of Disease and Diagnosis according to naturopathy, Different treatment methods according to naturopathy, Hydrotherapy, Mud therapy, Fasting, Heliotherapy, Air bath.

B- Therapeutics :- Different method of Hydrotherapy, Properties of water, mode of action and effects of Hydrotherapy, Baths, douches ,compress, enema. Different methods of Mud therapy, uses of Mud bath and Mud pack, method of Mud collection, different type of Muds. Heliotherapy: - Spectrum of light, chromotherapy, Properties and mode of action, uses of Heliotherapy in different diseases. Fasting :- Concept, method and types of fasting , mode of action and role of fasting in various diseases.

C- Diet:- Importance of diet, Types of Diet (Positive- Negative, eliminative–constructive–soothing, Satvik-Tamasik-Rajasik, alkaline-acidic) Role of diet in maintenance of health and in various diseases, balance diet, Naturopathic hospital diet, composition of food (Carbohydrate, Protein, fat, vitamins, Minerals), Nutritional programmes in India.

UNIT-V (Yog)

A- Basics of yog : History and development of yog :- Different definitions of yog, different schools of yog, Ashtang (Raj) yog, Hath-yog, Karm-yog, Gyan-yog, Bhakti-yog, Physiological effects of yog practices, Indian philosophy of yog (Shad-darshan), famous Indian yog Guru/Acharya.

B-Ashtang yog : Concept of Yama and Niyama and its Psycho-social effects, concepts of Asan and Pranayam, classification, methods, physiological effects, precautions, contraindications and role in health promotion and various diseases, Concept of Pratyahar and Dharana, Concept of Dhyan, Types of Meditation (Vipashyana, Priksha, Dhyan), Yog Nidra and relaxation techniques, Samadhi.

C-Yog Kriya: Introduction, type, procedure, physiological effects, precautions, contraindication and role of shatakarma (Nauli, dhauti, vasti, neti, kapalbhati, tratak), Mudra, Bandh in health promotion and various diseases.

UNIT-VI (Alternative therapies and others)

History, Principles, procedures, physiological effects, precautions, contraindication of Magneto-therapy physiotherapy and acupressure, Acupuncture, Marma Therapy and Manipulative Therapy in health promotion and various diseases. Hospital Management, Newer Techniques and researches in Yog and Naturopathy.

-155 Questions

PART-B

(General Knowledge of Rajasthan)

Unit-VII -

(i) Dietary Practices of Rajasthan :

(A) Indigenous food- cereal and millets, fruits and vegetables, food of various regions and for special occasions.

(B) Tradition of fasting and Upvas.

(ii) Medicinal herbs of Rajasthan.

(iii) Society of Rajasthan:

(A) Traditions, Dress and Ornaments, Fairs & Festivals.

(B) Folk and Tribal Society : Fairs and festival, Social customs, social life and beliefs.

(iv) Making of Modern Rajasthan:

(A) Political and social awakening in 19th century.

(B) Peasant Movements, Tribal Movements and *Prajamandal* Movements in 20th century. Integration of Rajasthan.

Geographical factors of Rajasthan affecting Human Health : Physical factors- Relief, Climate, Soil and Vegetation; Social Factors- Population, Literacy, Unemployment, Poverty; Economic Factors- Occupation and Standard of living; Environmental Factors- Impact of Urbanization, Industrialization and Pollution.

Vital Statistics of Health and Well being. Alternative Therapeutic Institutions and Centres in the State. **-25 Questions**

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Pattern of Question Papers:

1. Objective Type Paper
2. Maximum Marks : 180
3. Number of Questions : 180
4. Duration of Paper : Three Hours
5. All Questions carry equal marks
6. Medium of Screening Test: Bilingual in English and Hindi
7. There will be Negative Marking
(For every wrong answer, one-third of marks prescribed for that particular question will be deducted.)

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