

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER
SYLLABUS OF COMPETITIVE EXAMINATION FOR THE
POST OF LECTURER
SWASTHAVRITTA (AYUSH DEPARTMENT)

PART-A

General Knowledge of Rajasthan

Culture & Heritage of Rajasthan:-

1. Dietary Practices of Rajasthan:
 - 1.1 Indigenous food- Cereal and millets, fruits and vegetables, food of various regions.
 - 1.2 Seasonal dietary practices, festivals and their Ayurvedic rationale.
 - 1.3 Tradition of fasting and Upvas.
2. Crops of Rajasthan:
 - 2.1 Evidence of Crop production in Pre-Historic sites of Rajasthan.
 - 2.2 Evidence of Crop production in Ancient and Medieval Rajasthan.
3. Minerals of Rajasthan- Evidence of knowledge of minerals in Ancient and Medieval Rajasthan.
4. Medicinal Herbs of Rajasthan.
5. Society of Rajasthan:
 - 5.1 Traditions, dress and ornaments, fairs & festivals.
 - 5.2 Folk and Tribal Society: Fairs and festival, social customs, social life and beliefs.
6. Making of Modern Rajasthan:
 - 6.1 Political and social awakening in 19th century.
 - 6.2 Peasant movements, tribal movements and Prajamandal movements in 20th century. Integration of Rajasthan.

Geography of Rajasthan:-

Broad Physical Features: Mountains, Plateaus, Plains and Deserts; Major Rivers and Lakes; Climatic Characteristics; Major Soil types and their distribution; Vegetation types and their distribution; Agricultural types; Livestock; Demographic Characteristics.

Total Questions 40

PART-B

Unit 1: Foundations of Personal Hygiene and Daily Regimens

1. Introduction of Swasthavritta
2. Dinacharya - Detailed accounts by Charaka, Sushruta, Vagbhata, and Bhavamishra.
3. Practical application of Dinacharya in today's era and probable physiological effects of these procedures.
4. Ratricharya - Bhavamishra and other classics.
5. Study of day and night patterns in various countries and their relevance to health status.

Unit 2: Seasonal Regimens and Preventive Health

1. Ritucharya - Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita, and Bhavamishra.
2. Preventive & promotive aspects of Ritucharya, its need and importance in the present era, Ritusandhi, and Yamadamshttra.
3. Ritu Shodhana techniques with reference to various Ritus, methods, and mode of action in disease prevention.
4. Relevance of Vegadharna and Vega-Udirana in disease manifestation and management.

Unit 3: Dietetics and Nutrition in Ayurveda

1. Ahara - Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara, and Sharngadhara.
2. Ahara-vargas and their comparison with today's food items.
3. Dietetics intervention in malnutrition, undernutrition, and overnutrition as per Ayurveda and modern science.
4. Rules of dietetics according to Charaka, Sushruta, and Vagbhata.
5. Pathya Apathya in various diseases
6. Pros and cons of vegetarian and non-vegetarian foods.
7. Viruddhahara - Classical and modern-day examples and its impact on health.
8. Knowledge about the assessment of nutritional status of individuals and communities.
9. Ayurvediya Ahara, Aushadha Kalpana in relation with nutraceuticals and nutrigenomics (Prakruti Anurup Ahara).
10. Food adulteration, methods for detecting and controlling it, and legislative control.

Unit 4: Lifestyle, Morality, and Mental Health

1. Role of Swasthavritta in socio-cultural, developmental, and environmental aspects of health.
2. Role of Nidra, Brahmacharya, and Abrahamacharya in health maintenance and disease causation/management.
3. Sadvritta - Description by Charaka, Sushruta, and Vagbhata; clinical importance of Achar Rasayana, Nitya Rasayana, and Sadvritta in disease prevention and health promotion.
4. Role of Ayurveda in mental health.

Unit 5: Rejuvenation, Reproductive Health, and Immunity

1. Rasayana - Its utility in health and disease conditions.
2. Scope of Vajikarana in health - Pathya Apathya Kalpana and Vihara for Vajikarana.
3. Vyadhikshamatva - Ayurvedic and modern concepts and practical implementation.
4. Concept of genomics in relation to health status.

Unit 6: Community Health and Environmental Factors

1. Ayurvedic aspect of social health and Medical sociology.
2. Ecology and community health, Environment and community health.
3. Disinfection practices for the community - Ayurvedic and modern.
4. Disposal of wastes (refuse, sewage), excreta disposal methods, and disposal of dead bodies, Management of biomedical waste, Biomedical Waste Act 1998, 2016.
5. Medical Entomology, Medical Parasitology.
6. Demography and Family Planning, Family welfare Programs and School health services.
7. Role of Ayurveda in Palliative Rehabilitative and convalescence care.
8. Life style disorders and non-communicable diseases in community.
9. Old age problems in community.

Unit 7: Epidemiology and Communicable Diseases

1. Modern concept of epidemiology and Critical evaluation of Janapadodddhwamsa.
2. Clinical epidemiology of communicable, re-emerging, and newer diseases, and Ayurveda's role.
3. Investigations for communicable diseases.
4. Ayurvedic view of Samkramaka Rogas.

5. Investigation and control of an epidemic and Ayurveda's probable role.
6. Notifiable diseases, notification procedures, and formalities.
7. Disaster Management.

Unit 8: Health Administration and National Programs

1. AYUSH - Aims, objectives, structure, function, and health policies.
2. National Health Programmes and possible contributions of Ayurveda.
3. Health administration in India.
4. National Health Mission, National AYUSH Mission, administration, functions, and programs (e.g., Swachha Bharat Abhiyana).
5. National and International health agencies and their activities.
6. Statistics related to infectious diseases at international, national, and state levels.
7. Vital statistics.

Unit 9: Yoga Philosophy and Practices

1. History and evolution of Yoga, Nirukti, various definitions of Yoga and various schools of Yoga.
2. Types of Yoga.
3. Concept of Sthula, Sukshma, and Karana Shariras, Panchakoshas, Shat Chakras, Nadis, and Kundalini.
4. Physiological and therapeutic effects of Yoga and Shat Kriyas on body and mind - ancient and modern concepts.
5. Yoga in Ayurveda - Concept of Moksha, tools for Moksha, Naishthiki Chikitsa, tattva smriti, Satya budhhi, and muktaatma lakshna.
6. Therapeutic effects of Yogic practices in diseases (Diabetes, Hypertension, Cardiovascular disorders, Obesity, etc.).
7. Utility of Yoga in rehabilitation and usage of props.

Unit 10: Nature Cure and Therapeutic Applications

1. History of Nisargopachara.
2. Basic principles of Indian School of Nature Cure - Panchabhuta Upasana and its therapeutic effects.
3. Basic principles of Western School of Nature Cure.
4. Different types of Mud therapy, Hydrotherapy, Heliotherapy, Chromotherapy, Massage and Exercise therapy, Fasting, and Relaxation therapy - their therapeutic effects and utility.

Unit 11: Research Methodology

1. Fundamental knowledge of research.
2. Selection of research problem for various epidemiological studies.
3. Defining research problem, formulation of hypothesis, aim and objectives.
4. Various research designs, qualitative and quantitative research.
5. Sampling, data analysis, interpretation, paper writing and publication of research.
6. Uses of databases and IT for research work.
7. Pharmacovigilance for ASU drugs. Need, scope and aims & objectives. National Pharmacovigilance Programme for ASU drugs.
8. Update knowledge of Swasthavritta including recent researches in Swasthavritta.
9. Specific considerations in research methods related to Swasthavritta.

Total Questions 110

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Pattern of Question Papers:

1. Objective Type Paper
2. Maximum Marks: 150
3. Number of Questions: 150
4. Duration of Paper: 2.30 Hours
5. All Questions carry equal marks
6. There will be Negative Marking

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