

સરકારી આયુર્વેદ કોલેજોમાં લેક્ચરર,વર્ગ-૦૨ જા.ક ૫૬/૨૦૧૭-૧૮

(સ્વસ્થવૃત્ત)

કુલ પ્રશ્નો:૩૦૦	પ્રાથમિક કસોટીનો અભ્યાસક્રમ	કુલ ગુણ -૩૦૦
	Part-I	
માધ્યમ: ગુજરાતી/અંગ્રજી	સામાન્ય અભ્યાસ	ગુણ -૧૦૦
૧	ભારતની ભૂગોળ- ભૌગોલિક, આર્થિક, સામાજિક, કુદરતી સંસાધન અને વસ્તી અંગેની બાબતો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૨	ભારતનો સાંસ્કૃતિક વારસો- સાહિત્ય, કલા, ધર્મ અને સ્થાપત્યો- ગુજરાતના ખાસ સંદર્ભ સાથે	
૩	ભારતનો ઇતિહાસ - ગુજરાતના ખાસ સંદર્ભ સાથે	
૪	ભારતની અર્થવ્યવસ્થા અને આયોજન	
૫	ભારતીય રાજનીતિ અને ભારતનું બંધારણ: (૧) આમુખ (૨) મૂળભૂત અધિકારો અને ફરજો (૩) રાજ્યનીતિના માર્ગદર્શક સિદ્ધાંતો (૪) સંસદની રચના (૫) રાષ્ટ્રપતિની સત્તા (૬) રાજ્યપાલની સત્તા (૭) ન્યાયતંત્ર (૮) અનુસૂચિત જાતિ, અનુસૂચિત જનજાતિ અને સમાજના પછાત વર્ગો માટેની જોગવાઈઓ (૯) એટર્ની જનરલ (૧૦) નીતિ આયોગ (૧૧) પંચાયતી રાજ (૧૨) નાણા પંચ (૧૩) બંધારણીય તથા વૈધનિક સંસ્થાઓ- ભારતનું ચૂંટણી પંચ, સંઘ લોક સેવા આયોગ, રાજ્ય લોક સેવા આયોગ, કોમ્પ્ટ્રોલર એન્ડ ઓડિટર જનરલ; કેન્દ્રીય સતર્કતા આયોગ, લોકપાલ તથા લોકાયુક્ત અને કેન્દ્રીય માહિતી આયોગ	
૬	સામાન્ય બૌદ્ધિક ક્ષમતા કસોટી	
૭	સામાન્ય વિજ્ઞાન, પર્યાવરણ અને ઈન્ફર્મેશન એન્ડ કોમ્યુનિકેશન ટેકનોલોજી	
૮	ખેલ જગત સહિત રોજબરોજના પ્રાદેશિક, રાષ્ટ્રીય અને આંતરરાષ્ટ્રીય મહત્વના બનાવો	

Total Questions:300 Syllabus of Preliminary Test Total Marks-300	
Part-I	
Medium: Gujarati /English General Study Marks- 100	
1	Geography of India- Physical, Economic, Social, Natural Resources and population related topics- with special reference to Gujarat
2	Cultural heritage of India- Literature, Art, Religion and Architecture- with special reference to Gujarat
3	History of India with special reference to Gujarat
4	Indian Economy and Planning
5	<u>Indian Polity and the Constitution of India:</u> (1) Preamble (2) Fundamental Rights and Fundamental Duties (3) Directive Principles of State Policy (4) Composition of Parliament (5) Powers of the President of India (6) Powers of Governor (7) Judiciary (8) Provisions for Scheduled Castes, Scheduled Tribes and backward classes of the society (9) Attorney General (10) NITI Aayog (11) Panchayati Raj Institutions (12) Finance Commission (13) Constitutional and Statutory Bodies: Election Commission of India, Union Public Service Commission, State Public Service Commission, Comptroller and Auditor General; Central Vigilance Commission, Lokpal and Lokayukta, Central Information Commission
6	General Mental Ability
7	General Science, Environment and Information & Communication Technology
8	Daily events of Regional, National and International Importance including Sports

Part-II Syllabus Of Concerned Subject

(Swasthavritta)

Medium: English

Questions:200

Marks : 200

1. Concept of holistic health according to Ayurveda. Spectrum of health, Iceberg phenomenon of diseases, dimensions of health.
2. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra. Probable Physiologic effect of Dinacharya procedures.
3. Ratricharya – Bhavamishra and other classics. Day and night pattern in various countries.
4. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, BhelaSamhita and Bhavamishra. Ritus prevalent in various Indian states. Ritu pattern in various countries of the world. Shodhana Schedule for Ritusandhis.
5. Concept of Vegas, types and the physiology behind each vega and vegadharana. Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa.
6. Ahara – Classical food items in Charaka, Sushruta, Vagbhata and Sharangadhara. Aharavargas and comparison with today's food items. Staple diet of various States of India. Staple diet of various countries in correlation with their climate. Principles of dietetics.

Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers. Food intervention in malnutrition, under nutrition and over nutrition. Rules of food intake according to Charaka, Sushruta and Vagbhata. Pros and Cons of vegetarian and Non vegetarian foods. Viruddhahara – Classical and modern day examples. Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda. Various Aharavarga. Food and Milk hygiene. Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.

7. Nidra- Nirukti and Utpatti, Types, Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.
8. Brahmacharya – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha (Libido) through Vajikarana, Viryanasa phala.
9. Sadvritta – Compare Charaka, Sushruta and Vagbhata. Prajnaparadha – Causes, Effects and solution. sharir shodhan. Rasayana for Swastha-Nirukti, paribhasha (definition), classification and examples Ashta nindita, AcharaRasayana, Nityarasayana. Rasayana procedures for Swastha. Vajeekarana for Swastha. Mental Health and the role of Ayurveda in it. Vyadhikshamatva – Modern and Ayurvedic concepts. Principles of Health Education. Genetics in Ayurveda and Modern Science.

10. Concept of community health. Ecology and community health.
11. Environment and community health (Bhumi, Jala, Vayu, Shuddhikarana, Prakasha, Shabda, Vikirana).
12. Housing –W.H.O Standards. Design of Aaturalaya (hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen).
13. Epidemiology: Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, Immunization programmes - Possible contribution of Ayurveda, investigation of epidemic. Disinfection practices for the community – Modern and Ayurvedic. Ayurvedic concept of Vyadhikshamatva and sankramaka rogas. Epidemiology of various communicable diseases and Non-communicable diseases. Critical evaluation of Janapadodhwamsa.
14. Meteorology (Ritu evam Vatavarana jnanam): Definition of weather and climate, factors influencing weather and climate. Disaster management Definition, natural and man-made disasters, epidemiologic surveillance and disease control.
15. Disposal of Wastes- Refuse, Sewage. Methods of Sewage disposal in sewerred and unsewerred areas. Hospital, Isolation ward and bio medical waste management.

16. Medical Entomology– Arthropods of Medical Importance and their control measures.
17. Health tourism. Ayurvedic Resort Management- Panchakarma and allied procedures.
18. **YOGA :** History and evolution of Yoga, Different Schools of Yoga. Rajayoga – (Ashtanga yoga) philosophy of Patanjali according to Yogasutras. Hathayoga - according to Hathayogapradeepika, GherandaSamhita and Shivsamhita. Karmayoga – Philosophy according to Bhagavad Gita. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga. Physiological effect of Yoga on Body and mind – Ancient and modern concepts. Concept of Sthula, Sukshma, Karana Shariras, Panchakoshas, Shad chakras and Kundalini. Shad Kriyas and their therapeutic effects.
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.
Yoga in Ayurveda–Concept of moksha, Tools for Moksha, Naishthikichikitsa, TatvaSmriti, Satyabudhhi, yoginamBalamAishwaram (charaka Samhita Sharirasthana chapter 1 & 5)
19. **NISARGOPACHARA:** History of Nisargopachara. Basic Principles of Western School of Nature Cure. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic utility. Different types of Massage and their therapeutic effects. Concepts of Acupuncture and Acupressure. Principles of Chromotherapy and Magnetotherapy.

20. National Health Programmes. Contribution of Ayurveda in National Health Programmes. Health administration under Ministry of H & FWD AYUSH, NRHM, NUHM administration, functions and programmes. National and International Health Agencies and their current activities. Statistics related with Infectious diseases at International, National and State levels. Vital Statistics.
21. Research Methodology: Brief historical background of research in Ayurved and contemporary medical science. Research in Ayurved - Scope, need, importance, utility. Types of Research, Research design: observational and interventional, descriptive and analytical, preclinical and clinical, qualitative and quantitative. Research process, Research tools. The concept and importance of ethics in research, Ethical aspects related to human and animal experimentation. Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions. Classical Methods of Research. Comparison between methods of research in Ayurveda (Pratigya, Hetu, Udaharana, Upanaya, Nigaman) and contemporary methods in health sciences. Concept of Evidence Based Medicine and Scientific Writing, Importance of IT in data mining and important research data portals concerned with Ayurved and contemporary medical science (DHARA, PubMed, Ayush Research Portal, Bioinformatics Center, Research Management Informatic System etc.), Medical-Statistics.
- 22. Current Trends and Recent Advancements in Ayurveda.**