

Study Unit of Swasthavritta

Level III BAMS (2015/2016) 2nd Semester – Lecture topics for Continuous Assessment

Subject: Swasthavritta -II (SW 3202)

Swasthavritta

Ahara nirvachanaya - Definition of food.

Benefits of food

Food classification

Suka dhanya (corn with bristles) and types, Qualities

Samidhanya. (varieties of pulses) types and qualities

Food derived from Animals and their qualities.

Fats in plants and Vegetables

Qualities and nutritional values of Cucumbers, Kekiri (Snake Cucumber), Bottle gourd, (*Lagenaria siceraria*, Diyalabu), Green beans etc.

Health benefits of Vegetables. Through Charaka suthra 27 (114-124) with scientific views.

Health benefits of fruits Through Charaka suthra 27 (124-265) with scientific views. Specially in *Vitis vinifera*, *Punica granatum*, *Magnifera Indica*, *Beli*, *Diul*. *Apple*, *Avocado*, *Banana*, *Papaya* (*Carica papaya*), *Star fruits* etc.

Non-Communicable Diseases and its prevention; Diabetes Mellitus (DM), Coronary Heart Disease (CHD), Cancer

Community Medicine

Health & Diseases

Principles of Epidemiology

Immunization