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A Practical and Activity Manual of

Swasthvritta

(Ayurvedic Preventive and Social Medicine)

for 2nd Professional Undergraduate Students in BAMS











Mannat Marwaha
Deepa Chugh

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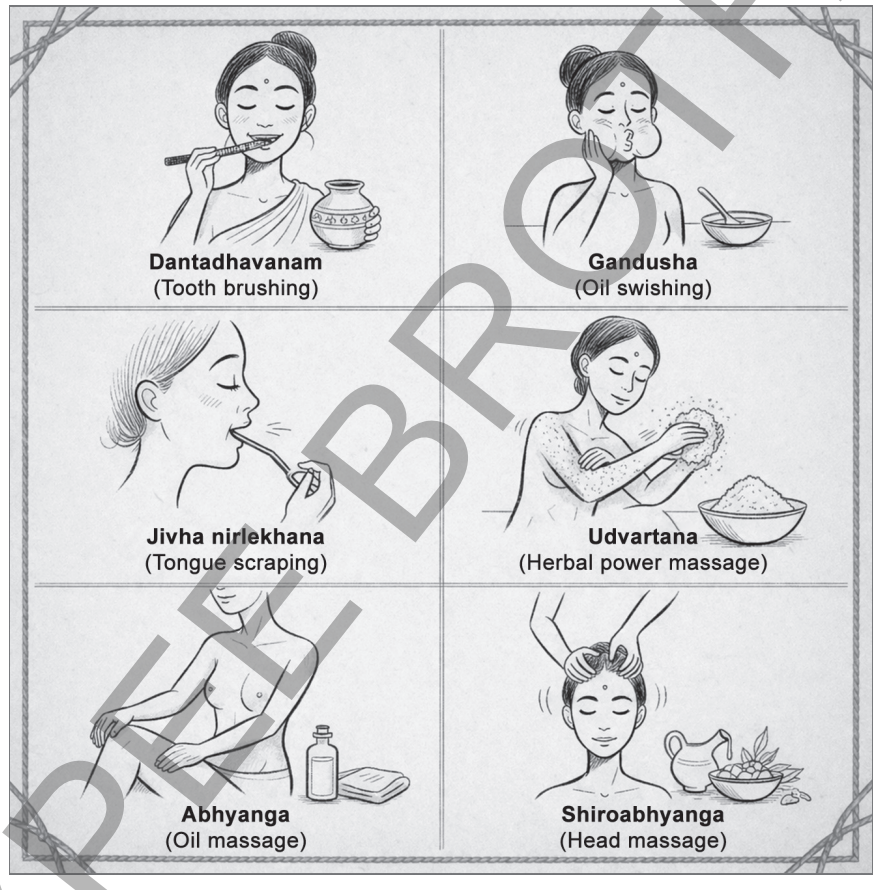
1 Unit

Dincharya
दिनचर्या



DINCHARYA (दिनचर्या)

Practical Hours: 25
Practical No. 1a. **Term: 1**
क्रियात्मक क्र. 1a. **सत्र: 1**
Name of Practical: Comparison of different Dantadhawana Churna/Toothpastes available in the market.
क्रियात्मक का नाम: बाजार में उपलब्ध विभिन्न दन्तधावन चूर्ण/टूथपेस्ट की तुलना।

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Learning Objective: Students should be able to collect and compare Datuna/Dantadhawana churna/ tooth paste available in the market and choose/ advise the appropriate one based on need.

(**सीखने का उद्देश्य:** छात्रों को बाजार में उपलब्ध दातुन/ दंतधावन चूर्ण/ टूथपेस्ट को एकत्रित कर तुलना करने में और आवश्यकतानुसार उचित चयन कर देने मैं सक्षम होना चाहिए।)

Instructions: Read and understand classical Dantadhawana literature available in Samhitas and fill point no. 1-9 accordingly for basic knowledge. Survey, search and collect product (tooth paste) name, specific and general ingredients of various available brands and uses in table at point no. 10. Advise tooth paste/ Datun for a healthy individual in point no. 11

(**निर्देश:** संहिताओं में उपलब्ध शास्त्रीय दंतधावन साहित्य को पढ़ें, समझें और बिंदु संख्या 1-9 भरें। बिंदु संख्या 10 पर तालिका में विभिन्न उपलब्ध ब्रांड और उपयोग के उत्पाद (टूथ पेस्ट) का नाम, विशिष्ट और सामान्य सामग्री का सर्वेक्षण, खोज और संग्रह करें। बिंदु संख्या 11 में स्वस्थ व्यक्ति के लिए टूथपेस्ट/दातुन की सलाह दें।)

1. **Definition (परिभाषा):**

2. **Properties of Dantadhawana (दंतधावन के गुण):**

3. **Best Datun for Dantadhawana (उत्तम दातुन):**

4. **Method of Dantadhavana (दन्तधावन विधि):**

5. **Benefits of particular tree/herb Datuna (विशेष वृक्ष/जड़ी बूटी दातुन के लाभ):**

6. **List of trees/herbs avoided as Datuna (दातुन के रूप में निषिद्ध पेड़ों/जड़ी-बूटियों की सूची):**

7. **Dantadhawana Churna (दन्तधावन चूर्ण):**

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8. Benefits of Datuna (दातुन के लाभ):

9. Contraindications for Datun (दातुन करने के निषेध):

10. Collect and compare different Dantdhawana churna/tooth paste (Teeth cleaners) available in market/local area and should able to choose/advise the appropriate one based on the need:
(बाजार/स्थानीय क्षेत्र में उपलब्ध विभिन्न दंतधावन चूर्ण/टूथ पेस्ट (दांत साफ करने वाले) को एकत्रित कर तुलना करें, आवश्यकता के आधार पर उपयुक्त का चयन/सलाह दें।)

S. No. (क्रम संख्या)	Brands (ब्रांड्स)	Products (उत्पाद)	Specific ingredients (विशिष्ट सामग्री)	General ingredients (सामान्य सामग्री)	Specific use (विशिष्ट उपयोग)
1.					
2.					
3.					
4.					
5.					

Continued

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Continued

S. No. (क्रम संख्या)	Brands (ब्रांड्स)	Products (उत्पाद)	Specific ingredients (विशिष्ट सामग्री)	General ingredients (सामान्य सामग्री)	Specific use (विशिष्ट उपयोग)
6.					
7.					
8.					
9.					
10.					

11. Advise Toothpaste/ Dantdhawana churna/ Datuna for healthy person with reason:
(स्वस्थ व्यक्ति के लिए टूथपेस्ट/ दंतधावन चूर्ण/ दातुन की उचित सलाह दें):

Date:
(दिनांक):

Signature of Teacher
(शिक्षक के हस्ताक्षर)

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DINCHARYA (दिनचर्या)

Practical Hours: 25
Practical No. 1b. **Term: 1**
क्रियात्मक क्र. 1b. **सत्र: 1**
Name of Practical: Comparison of different Jivhanirlekhana available in market
क्रियात्मक का नाम: बाजार में उपलब्ध विभिन्न जिव्हा निर्लेखन यंत्र/जिव्हा क्लीनर की तुलना।

Learning Objective: Students should collect and compare Jiwha Nirlekhana Yantra (tongue cleaners) available in the market and choose/ advise the appropriate one based on need.
(**सीखने का उद्देश्य:** छात्रों को बाजार में उपलब्ध जिव्हा निर्लेखन यंत्र (जिव्हा क्लीनर) को एकत्रित कर तुलना करने में और आवश्यकतानुसार उपयुक्त यंत्र का चयन कर देने मैं सक्षम होना चाहिए।)

Instructions: Read and understand classical Jiwha Nirlekhana literature available in Samhitas and fill point no. 1-4 accordingly for basic knowledge. Survey, search and collect product Jiwha Nirlekhana name, material used, guna and their uses in table at point no. 5. Advise Jiwha Nirlekhana Yantra for a healthy individual in point no. 6.
(**निर्देश:** शास्त्रीय ज्ञान के लिए जिव्हा निर्लेखन साहित्य को पढ़ें और समझें और बिंदु संख्या 1.4 भरें। तदनुसार सर्वेक्षण, खोज कर जिव्हा निर्लेखन यंत्र का नाम, उपयोग की गई सामग्री, गुण और उनके उपयोग को बिंदु संख्या 5 पर तालिका में एकत्र करें। बिंदु संख्या 6 में स्वस्थ व्यक्ति के लिए जिव्हा निर्लेखन यंत्र की सलाह दें।)

1. **Definition (परिभाषा):**

2. **Materials suitable for tongue cleaning (जीभ की सफाई के लिए उपयुक्त सामग्री):**

3. **Length of tongue cleaner and Method for cleaning (टंग क्लीनर की लंबाई और सफाई की विधि):**

4. **Benefits of tongue cleaning (जीभ की सफाई के फायदे):**

5. **Collect and compare different Jiwha Nirlekhana Yantra (Tongue cleaners) available in market/ local area: (बाजार/स्थानीय क्षेत्र में उपलब्ध विभिन्न जिव्हा निर्लेखन यंत्र को एकत्रित करें और तुलना करें।)**

S. No. (क्रम संख्या)	Name of Jiwha Nirlekhna Yantra (जिव्हा निर्लेखन यंत्र का नाम)	Specifications (विशेष विवरण)	Picture (चित्र)
1.		**Material used-** उपयोग की गई सामग्री **Guna-** गुण **Used in Disease-** रोग में प्रयोग	

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Continued

S. No. (क्रम संख्या)	Name of Jiwha Nirlekhna Yantra (जिव्हा निर्लेखन यंत्र का नाम)	Specifications (विशेष विवरण)	Picture (चित्र)
2.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	
3.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	
4.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	

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Continued

S. No. (क्रम संख्या)	Name of Jiwha Nirlekhna Yantra (जिव्हा निर्लेखन यंत्र का नाम)	Specifications (विशेष विवरण)	Picture (चित्र)
5.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	
6.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	
7.		**Material used-** उपयोग की गई सामग्री- **Guna-** गुण- **Used in Disease-** रोग में प्रयोग-	

6. Advise Jivha Nirlekhana Yantra for healthy person
(स्वस्थ व्यक्ति के लिए जिव्हा निर्लेखन यंत्र की सलाह दें):

Date:
(दिनांक):

Signature of Teacher
(शिक्षक के हस्ताक्षर)

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Salient Features

- *Curriculum-based practical manual* aligned with the latest NCSIM syllabus for UG BAMS students.
- *Comprehensive term-wise practical coverage* including Dinacharya, Ahara, Disinfection, Yoga, and Community Health activities.
- *Ready-to-use formats* for recording practicals, case sheets, visits, observations, and activities.
- *Activity-oriented learning approach* through role plays, group discussions, surveys, assignments, posters, videos, and presentations.
- *Clinical application of Swasthavritta principles* through lifestyle counseling, diet planning, and health promotion practices.
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Mannat Marwaha, a resident of Palampur, district Kangra, Himachal Pradesh, completed his BAMS and MD in Swasthavritta from Rajiv Gandhi Government Post Graduate Ayurvedic College (RGGPGAC), Paprola, Himachal Pradesh. With more than a decade of teaching experience, he has taught undergraduate and postgraduate students, with expertise in Ayurvedic dietetics, lifestyle modification, sexology consultation, and psychological counseling.

Currently, Dr Marwaha is serving as an Assistant Professor at the Faculty of Ayurved, Main Campus, Uttarakhand Ayurved University, Dehradun, Uttarakhand. He has published more than 20 scientific papers, received the state-level "Doctor of the Year Award 2025" and "S Radhakrishnan Award," and has co-guided 11 postgraduate scholars. He has authored books titled "Pathya Vivechana," "Research Methodology and Medical Statistics," and "Swasthavritta-Samucchaya: A Textbook of Swasthavritta and Yoga." He actively participates in conferences, workshops, podcasts, radio talks, and CME programs and contributes to community awareness through academic and health-related activities. His expertise and dedication have established him as a respected academician in the field of Swasthavritta and Yoga.

Deepa Chugh was born in Mandi district of Himachal Pradesh and completed her BAMS from Rajiv Gandhi Government Post Graduate Ayurvedic College (RGGPGAC), Paprola, Himachal Pradesh, and MD in Panchakarma from the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, Gujarat. She has more than 12 years of experience as an Ayurvedic Medical Officer, providing Panchakarma and classical Ayurvedic treatments to thousands of patients.

Currently, Dr Chugh is serving as a Medical Officer at SAD Sachivalaya Parisar, Dehradun, Uttarakhand. She was in charge of the Panchakarma Unit at Rajkiya Ayurvedic Chikitsalaya, Majra, Dehradun, for 9 years, providing dedicated healthcare services to the people of Uttarakhand. She has trained ASHA workers, pharmacists, Panchakarma technicians, and BAMS interns and has also served in rural postings at Dehradun and Rudraprayag districts of Uttarakhand. Her commitment and contribution have strengthened the delivery of Ayurvedic healthcare services in the community.

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