

Tahaffuzi wa Samaji Tib

(Preventive and Community Medicine)

1st Year

- Paper I** Usoole Tahqeeq wa Hayati Shumariyat (Research Methodology and Biostatistics)
- Paper II** Epidemiology
- Paper III** Asbabe Sitta Zarooriya
- Paper IV** Environmental health and Sanitation

3rd Year

- Paper I** Amraze Mutaaddi wa Vabaie
- Paper II** Tadabeer Hifze Sehat
- Paper III** Health Care Systems
- Thesis**

1st Year

Paper – 1

Usoole Tahqeeq wa Hayati Shumariyat (Research Methodology and Biostatistics)

Research Methodology

- **Types of research**
 - (a) Literary research
 - (b) Clinical research
 - (i) Phases of Clinical Trials
 - (c) Experimental research
 - (d) Observational and field studies
- **Trends and possibilities of research in Unani System**
- **Research problems**
 - (a) Definition
 - (b) Selection and sources of research problems
- **Hypothesis**
 - (a) Types: Null and alternate hypothesis
- **Research designs**
 - (a) Types of Research designs
- **Controls in research designs**
 - (a) Selection criteria
 - (b) Placebo and plain control
 - (c) Randomization
 - (d) Balancing and matching
- **Factors effecting research results.**
- **Tools and techniques in research**
 - (a) Interview, questionnaire, inventories, scales
 - (b) Rating scales
- **Clinical Trials**
- **Computer programmes used in research**
 - (a) Minitab
 - (b) SPSS
- **Protocols for research and report writing**

- (a) Protocols for clinical and community based research.
- (b) Writing research report.
- (c) References in research report.
 - (i) Books
 - (ii) Journals
 - (iii) Compendia
 - (iv) Bulletins
 - (v) WHO Reports
 - (vi) Internet Sites

- **Guidelines for Research**

- (a) WHO
 - (b) ICMR

Bio-Statistics

- **Scope and utility of Biostatistics**

- **Descriptive Statistics**

- (a) Analysis of Data

- (i) Data collection, tabulation and presentation of data.
 - (ii) Measure of central tendency – Mean, Median and Mode.
 - (iii) Measures of dispersion: Range, quartile deviation, standard deviation.

- (b) Probability

- (i) Definition and laws of probability
 - (ii) Types of probability distribution
 - (iii) NPC and its application size
 - (iv) Randomized samples

- (c) Sampling

- (i) Types and sample size
 - (ii) Randomized sampling

- **Inferential Statistics**

- (a) Correlation and linear regression

- (i) Karl Pearson correlation coefficient
 - (ii) Linear regression equations.

- (b) Test of significance

- (i) 't' test
 - (ii) 'z' test.

- (c) Test of variance

- (i) ANOVA one way
 - (ii) ANOVA two way X².

- (d) Non-parametric tests

- (i) Median test, Mann Whitney U test.
 - (ii) Kruskal Wallis test, Friedman test.

- **Vital Statistics**

- (a) Rate and Ratios

- (b) Standardization of population

- (c) Risk factors

Paper – 2

Epidemiology

Concept of Disease

- Definitions of Disease
- Classification of Disease
- Causation
 - (i) Temperamental
 - (ii) Structural
 - (iii) Epidemiological Triad
 - (iv) Web of Causation
- Concepts of Prevention and Control as adopted in changing Environment
- Natural History of Disease

Introduction to the epidemiology

- Definition
- Historical aspect
- Hippocrates as father of epidemiology
- Objectives
- Approach

Mizaj and its alteratives:

- Mizaj and health
- Preventive approaches
- Alteratives
- Methods of moderation in modulators
- Impact of alterative on health

Dynamics of disease transmission

- Mode of transmission
- Explanation of related terms
- Disease spectrum

Measurement of disease and health

- Prevalence
- Incidence
- Death rates, surveillance

Screening

- Why, in whom and how
- Validity and specificity of screening tests
- Predictive value
- Reliability
- Variations

Natural history of the disease

- Prognostic methods

Randomized trials and their uses

- Method and types of randomization
- Selection

- Study designs
- Sample size
- Reporting of result
- Ethical consideration

Identification of cause

- Case control and cohort studies
- Cross sectional studies
- Selection of case and cohort
- Matching
- Bias and its types

Establishment of association

- Types of risk and their measurement
- Odds ratio
- Preventive value test

Inference from epidemiological studies

- Causation
- Ecological study
- Types of associations
- Types of causal association
- Criteria for causal relationship
- Confounding, interaction

Application of epidemiological approach in Unani medicine context

- Context of Arkan
- Mizaj
- Akhlat
- Ghiza
- Epidemiological research module

Evaluative value of epidemiology

- Application of epidemiological approach to evaluate health services
- Preventive services
- Validity of screening test

Paper – 3

Asbabe Sitta Zaroriya

Concept of Health

- (a) Definitions of Health as described by Unani physicians, Modern Scientist and W.H.O.
- (b) Determinants of Health
 - (i) Structural
 - (ii) Temperamental
 - Air
 - Water
 - Diet
 - Occupation
 - Inhabitant
 - Personal Habits and habitat (life styles and behavioural disorder)
 - Age & Sex
- (c) Dissolution of Rutoobate Ghareezia and factor responsible for
- (d) Indicators and Dimension of Health
- (e) Spectrum of Health and Disease
- (f) Right to Health

Asbabe Sitta Zaroriya

- Tareekhi Pasmanzar, Taa'ruf, Ta'reef wa Ahmiyat
- Mashmoolat

(a) Hawae Muheet (Ambient Air):

Ta'reef, Zaroorat, Zarae'y, Hawae Jayyadul Jauhar, Fasade Hawa (Taghayyurat wa Aaloodgi) – Asrat, Awariz wa Amraz, Tahaffuz (Taqaddum Bilhifz) wa Tadabeer (Hifz ma Taqaddum)

(b) Makoolat Wa Mashroobat (Foods and Drinks):

Ghiza: *Ta'reef, Darjabandi, Zaroorat, Zarae'y, Mutawazin Ghiza, Ahkamate Ghiza, Naqse Ghiza (Taghziyah), Farte Ghiza (Taghziyah) wa Fasade Ghiza – Asrat, Awariz wa Amraz, Tahaffuz (Taqaddum Bilhifz) wa Tadabeer (Hifz ma Taqaddum)*

Pani: *Ta'reef, Darjabandi, Zaroorat, Zarae'y, Mae Jayyadul Jauhar, Fasade Aab (Aaloodgi), Asrat, Awariz wa Amraz, Tahaffuz (Taqaddum Bilhifz) wa Tadabeer (Hifz ma Taqaddum)*

(c) Harkat Wa Sukoone Badni (Bodily Movements and Repose):

Ta'reef, Zaroorat, Taqseem, A'am Maqasid, Tabaie wa Ghair Tabaie – Asrat, Tadabeer

(d) Harkat Wa Sukoone Nafsani (Psychic Movements and Repose):

Ta'reef, Zaroorat, Tabaie wa Ghair Tabaie – Asrat, Tadabeer, Rooh ki Harkat ka Itlaqi Mutalea

(e) Naum Wa Yaqza (Sleep and Wakefulness):

Ta'reef, Zaroorat, Tabaie wa Ghair Tabaie – Asrat, Tadabeer, Harkate Rooh aur Hararate Ghareeziyah, Harkat wa Yaqza Aur Sukoon wa Naum mein Mumasilat

(f) Ehtabaas Wa Istafraagh (Retention and Evacuation):

Ta'reef, Ahmiyat, Zaroorat, Tabaie wa Ghair Tabaie – Asrat, Tadabeer

- **Asbabe Sitta Zarooriya aur Mizaj**
- **Asbabe Sitta Zarooriya aur Akhlat**

Paper – 4

Environmental Health and Sanitation

Definition, Types

Physical Environment

- Water, Air, Soil, Housing, Wastes, Radiation, Noise, Light

- **Water**

1. Characteristics
2. Requirements
3. Uses
4. Sources
 - a. Rain
 - b. Surface Water
 - i. Reservoirs
 - ii. Rivers & Streams
 - iii. Tanks, Ponds & Lakes
 - c. Ground Water
 - i. Wells
 - Deep Wells
 - Shallow Wells
 - Tube Wells
 - ii. Springs
5. Water Pollution
6. Purification of Water
 - a. Large Scale
 - i. Storage
 - ii. Filtration
 - Slow Sand Filtration
 - Rapid Sand Filtration
 - iii. Disinfection
 - b. Small Scale
 - i. Household purification of Water
 - ii. Disinfection of Wells
 - c. New Techniques
7. Water Quality
 - a. Acceptability Aspects
 - b. Microbiological Aspects

- c. Chemical Aspects
 - d. Radiological Aspects
- 8. Surveillance of Drinking Water Quality
- 9. Water Conservation

- **Air**

- 1. Composition
- 2. Requirements
- 3. Air Pollution
 - a. Sources
 - b. Meteorological Factors
 - c. Air Pollutant
 - d. Prevention and Control of Air Pollution
 - e. Disinfection of Air
- 4. Ventilation
- 5. Disaster
 - a. Definition
 - b. Hazards
 - c. Management

- **Soil**

- **Housing**

- a. Social Goal of Housing
- b. Standards
- c. Rural Housing
- d. Housing and Health
- e. Overcrowding
- f. Indicators of Housing
- g. Public policy

- **Wastes**

- a. Definition
- b. Sources
- c. Types
- d. Latrine
 - Types
- e. Health Hazards
- f. Treatment & Disposal Technologies
- g. Excreta Disposal

- **Radiation**
- **Noise**
- **Light**

Biologic Environment

- Medical Entomology
- **Medical Entomology**
 1. Mosquito
 2. Housefly
 3. Sand fly
 4. Lice
 5. Fleas
 6. Rodents
 7. Insecticides

Social Environment

- **Occupation**
 - a. Occupational Environment
 - b. Hazards
 - c. Diseases
 - d. Prevention, Control & Measures
 - Medical Measures
 - Engineering Measures
 - Legislation
- **Nutrition**
 - a. Definition
 - b. Classification of Foods
 - c. Nutrients
 - i. Macronutrients
 - Proteins
 - Carbohydrates
 - Fats
 - ii. Micronutrients
 - Vitamins
 - Minerals
 - d. Balanced Diet

- e. Principal Foods
- f. Nutritional Requirements
- g. Energy
- h. Nutritional Problem in Public Health
 - i. Low Birth Weight
 - ii. Protein Energy Malnutrition (PEM)
 - iii. Xerophthalmia
 - iv. Nutritional Anaemia
 - v. Iodine Deficiency Disorder (IDD)
 - vi. Endemic Fluorosis
- i. Life style diseases
 - i. Cardiovascular Diseases
 - ii. Diabetes
 - iii. Obesity
 - iv. Cancer
 - v. Hypertension
- j. Assessment of Nutritional Status
 - Assessment Methods
 - a. Clinical Examination
 - b. Anthropometry
 - c. Laboratory & Biochemical Assessment
 - d. Functional Indicators
 - e. Assessment of Dietary Intake
 - f. Vital Statistics
 - g. Assessment of Ecological Factors
- k. Nutritional Surveillance
- l. Social Aspects of Nutrition
- m. Food Hygiene
- n. Food Borne Diseases
- o. Food Toxicants
- p. Community Nutrition Programmes

3rd Year

Paper – 1

Amraze Mutaaddi wa Vabaie

Epidemiology of infectious disease

- Explanation of related terms
- Concept of putrefaction and its impact on *rutubate badania*
- Causes of putrefaction
- Waba and its causes
- Disinfection
- Isolation
- Prevention

Air borne diseases Viral Bacterial

- Humiyat
- Measles
- ARI
- Rubella
- Influenza and variants
- Diphtheria
- Pertussis
- Meningitis
- Tuberculosis

Water borne diseases

- typhoid
- acute diarrheal disease
- cholera
- Hepatitis A,E
- Poliomyelitis
- Dracunculiasis
- Amoebiasis
- Giardiasis

Soil borne diseases

- Ascariasis
- Ancylostomiasis
- Tetanus

Vector borne diseases

- Malaria
- Filarial

- Plague
- Leishmaniasis
- Arboviral diseases
- Rickettsial diseases

STI,HIV

Surface infection

- Rabies
- Leprosy

Paper – 2

Tadabeer Hifze Sehat

Ta'arruf Tadabeer hifze sehat

Riyazat:

- Ta'reef, Aghraz Maqasid, Aqsam, Fawaid, Sharait, Condition Specific Riyazat

Aa'ya:

- Ta'reef, Aqsam, Tadabeer

Dalak:

- Ta,reef, Aqsam, Physiological effects, Uses (Indications), Contraindications, Practical aspect of Dalak, Sequence of Dalak, Oils for dalak, Duration of dalak, Condition specific dalak

Hamam:

- Definition, Structure, Fawaid, Sharait, Contraindications, Condition specific hamam

Tareeq:

- Definition, Methods, indications, Aghraz wa maqasid

Ishal:

- Introduction, Mushil ke liye Ayyam wa awqat, Tadbeer daurane mushil, Ishal for prevention of disease and promotion of health, Mushil ke bad aab wa ghiza, Tabreed

Qai:

- Introduction, need, awqat, Qai ke bad munasib Tadabeer, Qai ke aaraz aur unka ilaj, Kasrate qai ke nuqsanat

Fasd:

- Tareef, Waqt, Aadab, Ahkam, Mashhoor vareeden, Complications

Hijamat:

- Introduction, time, Sites, Indications, Mode of action

Taleeq:

- Classification of leech, Medicinal efficacy of biochemical present in leech saliva, indications, Method, application and removal of leech, after treatment

Idrar:

- Definition, types, indications of each type

Tanweem:

- Importance of sleep, duration of sleep, Effects of excess of sleep, Tadabeer barae Naum

Tarammul:

- Introduction, indications, effects

Tazaha:

- Introduction, indications, effects

Tadheen:

- Introduction, indications, Use of Oils, effects

Tadabeer hifze sehat balihaz umer:

- tadbeer moulood, Tadabeer atfal, Tadabeer saba, Tadabeer mashaikh, Naujawano ki Tadabeer

Tadabeer hifze sehat aur mukhtalif mausamiyat:

- **Mausam Rabi:** Tarruf, Asrat, tahaffuzi Tadabeer
- **Mausam Saif:** Tarruf, Asrat, tahaffuzi Tadabeer
- **Mausam Shita:** Tarruf, Asrat, tahaffuzi Tadabeer
- **Mausam Khareef:** Tarruf, Asrat, tahaffuzi Tadabeer

Mizaj ke lihaz se tahaffuzi Tadabeer:**Tadabber hamla:****Istafragh bataur Taqaddum bil hifz:**

Paper – 3

Health Care System

Health Education

- Sehati Taleem ke aghraz, maqasid, tareeqa, mawad, usool.

Sehati Nigahdasht ke Nizam – Mukhtalif Darjat

Khandani Bahbood (Family Welfare)

- Tareef wa Maqasid
- Buniyaadi Insaani Huquq
- Khandani Mansoobabandi ki Ahmiyat (Sehati wa samaji)
- Mardum Shumari
- New Revised Population Policy
- Maney Hamal ke nazariyat aur Tadabeer
- Evaluation of Maney hamal tadabeer
- Qaumi Khandani Mansoobabandi Programme
- Hukumat ki Taraf se kiye janewale Iqdamaat
- Sehat se mutaalliq Qawaneen
- Sehati Khidmaat
- Peshawarana Amraz
- Sehati Mansoobabandi aur Intezam

Qaumi Sehati (National Health) Programmes

Qaumi Sehati (National Health) Policies

Sehati Tanzeemat (Health Organization)

- (a) Objectives and their Functions
- (b) International Health organizations:
 - (i) WHO, UNICEF, UNESCO, UNDP, FAO, ILO, USAID, World Bank, International Red Cross, FORD Foundation, Rockefeller Foundation, CARE
- (c) Health organizations in India:
 - (i) Health Organizations – Central Level
 - (ii) Health Organizations – State Level
 - (iii) NGOs.

Reference Books

S.N.	Title of the book	Edition & Volume	Name fo the Author	Publisher	Year of Publication
1.	A History of Medicine		Lois N. Magner		
2.	Al Qanoon fit Tib	Vol. 2	Ibne Sina	Munshi Nawal Kishore, Lucknow	1905
3.	Aqsarai Hallul Moojaz (Translated)	Vol.1-2	Mohammad Jamaluddin Aqsarai	Munshi Nawal Kishore, Lucknow	1907
4.	Firdausul Hikmat fit Tib		Ali bin Raban Tabri	Aftab Alkain Berlin	1928
5.	History of Medicine		Major		
6.	Kamilus Sanaah fit Tib	Vol. 1	Ali Bin Abbas Majoosi	Munshi Nawal Kishore, Lucknow	1382 H
7.	Kitabul Havi fit Tib (Translated)	Vol. 1-23	Abu-Bakar Mohd. Bin Zakaria Razi	Majlis Dairatul Maa'rif Usmania, Hyderabad	1955-1969
8.	Kitabul Kulliyat		Ibne Rushd	CCRUM, New Delhi	1980
9.	Kitabul Meyah fit Tib		Abu Sahal Masihi	Nashrul Uloom Al Islamia, Hyderabad	1382 H
10.	Kulliyate Nafisi Sharahe Moojazul Qanoon	Vol. 1-2	Burhanuddin Nafis Bin Auz Kirmani	Yusufi, Lucknow	1910
11.	Moojazul Qanoon		Alauddin Hazm Qaraishi	Munshi Nawal Kishore, Lucknow	1909
12.	Mufarrehul Quloob		Akbar Arzani	Munshi Nawal Kishore, Lucknow	1915
13.	Qanooncha		Shamsuddin Mahmood bin Umar	Munshi Nawal Kishore, Lucknow	1903
14.	Qanoone Sehat	Edn.I	Mohd. Tayyab	NCBA, New Delhi	2001
15.	Tarjuma wa Sharah Kuliyyate Qanoon	Vol.2, Edn.I	Kabiruddin	Daftarul Maseeh, Qarol Bagh, Delhi	1930
16.	Zakheerah Khawarzaam Shahi	Vol.1-2	Ahmadul Hasan Ismail Jurjani	Munshi Nawal Kishore, Lucknow	1903
17.	Uyoonul Anbaa fi Tabqatil Atibba		Ibne Abi Usaibaa	CCRUM, New Delhi	

Text Books

3.	Access to health	Latest Edn.	Donatelle, J.R. et al	Allyn and Bacon Bostan, London	
3.	Ainae Tareekhe Tib		Syed Zillur Rehman	Publication Division, AMU, Aligarh	2001
3.	An Introduction to Epidemiology	Latest Edn.	Thomos, C.T.	John and Bortlett Publisher, Bostan, London	
3.	Epidemiology	Latest Ed.	Leon Gordis	Elsevier Saunders	
3.	Hifzan-e-Sehat (Kitabiyat)		Nadvi, Razi-ul-Islam	Islamic Book Foundation, New Delhi	1998
3.	Park's Text Book of Preventive & Social Medicine	17th Edn.	E. Park	Banarsidas Bhanot Jabalpur	2003
3.	Preventive & Social Medicine	Latest Edn.	Yash Pal Bedi	Anand Publishing Company, Chandigarh	
3.	Qanoon-e-Sehat		Tayeb, Mohd.	Shoba-e-Tasneef-o-Taleef, A. K. Tibiya College, AMU, Aligarh	1961
3.	Review in Community medicine	Latest Edn.	V.V.R. Seshu Babu	Paras Medical Book Pvt. Ltd. Hyderabad	
3.	Tareekhe Tib		Hassan nagrami	Qaumi Council Barae Faroghe Urdu Zaban, New Delhi	
3.	Tareekhe Tib wa Akhlaqiyat		Syed, Shahabul Haque	Mehri Publication, Bangalore	1989
3.	Text Book of Preventive & Social Medicine	Latest Edn.	Mahajan, B.K.	Jaypee Brothers, Medical Publisher, Pvt. Ltd. New Delhi	