

# PREVENTIVE AND SOCIAL MEDICINE & FAMILY WELFARE

(Including Health Education and Family Medicine)

Instruction in this course should be given in the third year of medical studies by lectures, demonstrations and field studies. This subject is of utmost importance, and throughout the period of medical studies the attention of the student should be directed to the importance of preventive medicine and the measures for the promotion of positive health. His function is not limited merely to prescribing Homoeopathic medicines for curative purposes but he has a wider role to play in the community. He has to be well conversant with the national health problems both of rural as well as urban areas, so that he can be assigned responsibilities to play an effective role not only in the field of curative but also of preventive and social medicine including family planning.

1. Introduction of preventive and social medicine concept, and society; aim and scope of preventive and social medicine, social causes of disease and social problems of the sick, relation of economic factors and environment in health and disease.

2. Physiological hygiene:

(a) Food and nutrition - food in relation to health and disease. Balanced diets. Nutritional deficiencies and nutritional survey. Food processing. Pasteurization of milk. Adulteration of food and food inspection.

Food poisoning.

(b) Air, light and sunshine.

(c) Effect of climate-Humidity temperature, pressure and other meteorological conditions-comfort zone, Effect of overcrowding.

(d) Personal hygiene-(Cleanliness, rest, sleep, work) Physical exercise and training care of health in topics.

3. Environment sanitation:

(a) Definition and importance.

(b) Atmospheric pollution purification of air, air sterilization, Air borne diseases.

(c) Water supplies-sources and uses, impurities and purification. Public water supplies in urban and rural areas. Standards of drinking water, water borne diseases.

(d) Conservancy - method in villages, towns and cities, septic tanks, dry earth latrines-water closets. Disposal of sewage, disposal of the deceased, disposal of refuse, incineration.

(e) Sanitation of fairs and festivals.

(f) Disinfection-disinfectants, deodorants, antiseptics germicides. Methods of disinfection and sterilisation.

(g) Insects-Insecticides and disinfection-insects in relation to disease, Insect control.

(h) Protozoan and helminthic disease-Life cycle of protozoan and helminths, their prevention.

4. Medical statistics: Principles and elements of vital statistics

5. Preventive Medicine:

(a) General principles of prevention and control of communicable diseases. Plague, cholera, small pox, diphtheria, leprosy, tuberculosis, malaria, kalazar, filariasis, common viral diseases e.g. common cold measles, chicken pox, poliomyelitis, infective hepatitis, helminthic infections, enteric fever and dysenteries, also animal diseases transmissible to man. Their description and vehicles, (water, soil, food insects, animals, founderies etc.) Homoeopathic point of view regarding prophylaxis and vaccination.

(b) Natural history of diseases.

6. Maternal and child health, school health services, health education, mental hygiene-elementary principles; school medicine its aim and methods.

7. Family Planning-Demography, channels of communication, national family planning programme, knowledge, attitudes regarding contraceptive practices. Population and growth control.

8. Public health administration and international health relation.

N.B. Field demonstration-water purification plant, infectious diseases hospitals etc.

-----