

SKT-HG-3016
Basic Principles of Indian Medicine System (Ayurveda)

Total Credits 6

| [A] Prescribed Course: | Marks |
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| Unit I | Introduction to Indian Medicine System: Ayurveda 20 |
| Unit II | Basic Principles of Ayurveda 20 |
| Unit III | Dietetics, Nutrition and Treatment 20 in Ayurveda |
| Unit IV | Important Medicinal Plants and their based on Ayurveda 20 |

[B]Course Objectives:

Ayurveda is a traditional Indian system of healthcare that has been traced back to as early as 5,000 BCE. This course will introduce students to the theory of yurveda. The major objective is to understand the basic principles and concepts of preventive medicine and health care, diet and nutrition, usage of commonly used spices and herbs and an outline of yurvedic therapeutic procedures in yurveda.

[C]Unit-Wise Division

Unit I

Introduction to Indian Medicine System: yurveda

Definition of Ayurveda, Ayuh (Life), Sarira (Body), Health, Aim of Ayurveda, Subject Matter of Ayurveda, Salient Features of Ayurveda, Concept of Health according to Ayurveda, Unique features of Ayurveda.

History of Ayurveda, Atharvaveda as an early source for medicinal speculations, Introduction to Major Texts (Susruta Samhita and Caraka Samhita) and Authors (Suśruta and Caraka) and Aṣṭāṅga Hr dayam, Aṣṭāṅga Saṅgraha of Vāgbhaṭa.

Eight Components of Ayurveda(aṣṭāṅga Ayurveda):

Kayacikitsa (General Medicine)
 Kaumarabh rtya(Pediatrics)
 SalyaTantra (Surgery)
 Śālākya-Tantra (Ent. and Ophthalmology)
 Bhu ta Vidya (Psychiatry Medicine).
 Visavijnana (Toxicology). Rasayana (Rejuvenates).
 Vajkarana (Aphrodisiac)

Unit II

Basic Principles of Ayurveda

The Trigunas: Sattva, Rajas and Tamas.

The Pancamahabhutas: Akasa (Space), Vayu (Air), Teja or Agni (Fire), Jala (Water) and Prthivi (Earth).

The Tridosas: Va ta, Pitta and Kapha.

4. **The Saptadhatus:** Rasa (fluid), Rakta (blood), Māṁsa, Meda (fat), Asthi, Majja and Śukra.

The Trayadosagni: Jatharagni (gastric fire), Saptadhatvagni and Pancabhutagni.

The Trimalas: Purīṣ (faeces), Mutra (urine) and Sveda (sweat).

Ayurvedic understanding of lifestyle and concepts of preventive medicine.

Seasonal regimen & social conduct and its effect on health, Concepts of Prakṛti, Agni, and Kosta. Svastha Vṛtta (Preventive Medicine) : Understanding Health and Disease in Ayurveda
Diagnosis of illness: eight ways to diagnose illness, called Naḍi (pulse), Mutra (urine), Mala (stool), Jihva (tongue), Sabda (speech), Sparsa (touch), Drk (vision), and akṛti (appearance).

Unit III

Dietetics, Nutrition and Treatments in Ayurveda

Ayurvedic understanding of nutrition and metabolism, Classification of ahara according to Ayurveda and Viruddhahara (incompatible diet) & role of diet.

Commonly used substances and their

therapeutic properties and Pharmacology: Introduction to basic principles of Ayurvedic pharmacology, Art and science of Ayurvedic Pharmacy and Understanding Ayurvedic Herbs and common formulations Pancakarma and Other Ayurvedic Specialty Treatments: Method and classification of treatments in Ayurveda, Pretreatment Therapeutic vomiting (Vamana), Purgation Therapy, Enema (Basti), Nasal Administration – Nasya, Blood Letting (Rakta Mokṣa), Introduction and importance of Pancakarma/Detoxification, Science and art of rejuvenation (Rasayana and Vājīkaraṇa). Ayurvedic prenatal and postpartum care for healthy mothers and babies, Saṁskāra, care of infants and children



Unit IV

Important Medicinal Plants in Ayurveda

Medicinal Plants in Susruta Samhita : Tulsi ,
Haridra , Sarpagandha , Ghrta Kumari , Guggulu,
Brahmi , Amala, Aswagandha , Arjun Tree,

Turmeric, Ceylon Hydrolea, Neema Plant, Lady Ferns, Blackberries, Pot,
Marigold, Camomile, Peppermint, Fenugreek and Aloe Vera.

Recommended Books/Readings:

1. Acharya, Srinivas, Panchakarma Illustrated, Chaukhamba SanskritPratishthana, Delhi, 2006.
2. V.B. Athavale, Basic Principles of yurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
3. Āyurveda Kā Saṅkṣipta Itihāsa, Hindi Sahitya Sammelan, Allahabad.
4. Bhagavan Dash, Vaidya, and Acarya Manfred M. Junius, A Handbook of Ayurveda, Concept Publishing Co., New Delhi, 1987.
5. Bhisagratna, KavirajKunjalal, ed., translator. (2002). Sushruta Samhita Volumes I and II. Varanasi, India: Chowkhamba Sanskrit Series.
6. Charak Samhita E-text: <http://www.charakasamhita.com/>
7. <http://www.speakingtree.in/blog/medicinal-plants-from-ancient-india>
8. http://www.tkd.res.in/tkd/langdefault/ayurveda/Ayu_Principles.asp?GL=#q1
9. K. R. Srikantha Murthy, Illustrated Susruta Samhita, ChaukhambaOrientalia, 2012
10. M.S. Valiathan, An Introduction to yurveda Paperback, Universities Press (India) Private Limited, 2013
11. M.S. Valiathan, The Legacy of Suśruta, Universities Press, 2007
12. PriyaVrat Sharma, Essentials of yurveda: Sodashanghridayam, MotilalBanarsidass Publishers, 1999
13. Ravi DattaTripathi, Vāgbhaṭa's Aṣṭāṅg-saṅgraha, ChowkhambaSanskrit Pratishthanam, Delhi., 2011.
14. ShanthaGodagama, The Handbook of yurveda, North Atlantic Books, 2004
15. Sharma, Priyavrit V., ed., translator. (1981-1994). Charaka Samhita, Vols. 1 - 4, Chaukhamba Sanskrit Series, Varanasi, India: Varanasi, India: Chowkhamba SanskritSeries.
16. Sharma, Ram Karan and Bhagawan Dash, Vaidya, eds., translators (1992 – 2000). CharakaSamhita Vols. 1 – 6. Varanasi, India. Chaukhamba Sanskrit Series.
17. Srikrishnamurthy, K.R. Srikantha, translator. (1991-1992). Vagbhata, AstangaHridayam Vols. 1 and 2. Varanasi, India: Krishnadas Academy.
18. Srikrishnamurthy, K.R. Srikantha, translator. (2001). Sharangadhara Samhita: A treatise on Āyurveda. Varanasi, India: ChaukhambaOrientalia.
19. SusrutaSusruta (Author), Kunja Lal Bhisagratna, An English Translation of the Sushruta Samhita, Based on Original Sanskrit Text. Edited and Published by KavirajKunja Lal Bhisagratna. with a Full ... Notes, Comperative Views, Index, Glossary, Nabu Press, 2012
20. R.N.Sarma, Bhaisajyaratnāvali , Guwahati