



Department of Sanskrit

University of Delhi

Under Graduate Course for Sanskrit

B.A. (Hons.) Under UGCF-22

DSE-2: Fundamentals of Ayurveda

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/Practice		
Fundamentals of Ayurveda	04	3	1	0	Semester II Passed	Working Knowledge of Sanskrit

Learning Objectives

Āyurveda is the most ancient but still a living healthcare system of India. This course will introduce students to the basic concepts of the Science of Āyurveda. The major objective of the course is to make the learners understand the basic principles and concepts of preventative and curative medicines, health maintenance, diet and nutrition, usage of commonly used spices and herbs and therapeutic procedures in Āyurveda

Learning outcomes

Graduates who read this course should be able to know the ancient tradition of Indian Medicine system, which talks about not only to the physical health but also a healthy lifestyle. After reading this paper students will know the history of Āyurveda through original sources of ancient medicine system as enshrined in the Sanskrit texts like Charaka Saṃhitā, Śuśruta Saṃhitā, Aṣṭāṅga Hṛidaya etc. and they will also get the basic knowledge of eight departments of Āyurveda. Second section of this paper is related to ancient physiology.

Detailed Syllabus

Unit I **15Hrs**

Introduction to Āyurveda

History of Āyurveda in the pre-Charaka period, the two schools of Āyurveda:

Dhanvantari and Punarvasu.

Ācāryas of Āyurveda: Charaka, Sushruta, Vaghbhata, Madhava, Sharngadhara and Bhavamishra

Basic Principles of Āyurveda



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- 1. The Pancamahābhūtas:** Ākāśa (Space), Vāyu (Air), Tejas or Agni (Fire), Jala (Water) and Prithivī (Earth).
- 2. The Triguṇas:** Sattva, Rajas and Tamas.
- 3. The Tridoṣas:** Vāta, Pitta and Kapha.
- 4. The Saptadhātus:** Rasa (fluid), Rakta (blood), Māṁsa, Meda (fat) Asthi, Majjā and Śukra.
- 5. The Trayodaśāgnis:** Jatharāgni (gastric fire), Saptadhātvagni and Pancabhūtāgni.
- 6. The Trimalas:** Purīṣā (faeces), Mūtra (urine) and Sveda (sweat).

Unit II **10Hrs**

Eight branches of Āyurveda (Aṣṭāṅga Āyurveda):

1. Kāyacikitsā (General Medicine)
2. Kaumārabhrtya (Pediatrics)
3. śalyatantra (Surgery)
4. Śālākya-Tantra (Ent. and Ophthalmology)
5. Bhūta Vidyā (Psychiatry Medicine).
6. Viṣa Vijñāna (Toxicology).
7. Rasāyana (Rejuvenates).
8. Vājīkaraṇa (Aphrodisiac).

Unit III **10Hrs**

Lifestyle and Preventive Medicine:

1. Understanding Health and Disease in Āyurveda
2. Ayurvedic SvasthaVṛtta (Preventive Medicine): Seasonal regimen & Social Conduct and its effect on health.
- 3. Carakasamhitā – Sūtra-sthānam (Tasyāśitīyādhyāya)**

Regimen of Six Seasons (R̥tucharyā) : Hemanta (Early Winter), Śiśira (Winter), Vasanta (Spring), Grīṣma (Summer), Varṣā (Rainy) and Śarada (Autumn).

Unit IV **10Hrs**

Diagnosis of illness (Roga-Parīkṣāṇa)

Eight ways of diagnosing illness-



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Nādī (Pulse Examination), Mūtra (Urine Examination), Mala (Stool Examination), Jihvā (Tongue Examination), Śabda (Speech Examination), Sparśa (Touch Examination), Dṛk (Vision Examination), and Ākṛiti (Appearance).

Pancha kosha

The holistic concept of body in Indian Medicine Based on Taittirīyopaniṣad - Bṛhiguvalī, Anuvāka- (1-6)

Essential/recommended readings

1. आयुर्वेद का साहित्यिक इतिहास, हिन्दी साहित्य सम्मेलन, इलाहाबाद.
2. Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishtanam, Varanasi, I 2009
3. V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishtan New Delhi, 2005.
4. Priya Vrat Sharma, Essentials of Āyurveda: Sodasangahṛdayam, MotilalBanarsidass Publishers, 1999

Suggested readings

1. Bhagavan Dash, Vaidya, and Acarya Manfred M. Junius, A Handbook of Āyurveda, Concept Publishing Co., New Delhi, 1987.
2. Bhishagratna, Kaviraj Kunjalal, ed., translator. (2002). Sushruta Samhita Volumes I and II. Varanasi, India: Chowkhamba Sanskrit Series.
3. Charak Samhita E-text: <http://www.charakasamhita.com/> 7.
http://www.tkdl.res.in/tkdl/langdefault/ayurveda/Ayu_Principles.asp?GL=#q1
4. K. R. Srikantha Murthy, Illustrated Susruta Samhita, ChaukhambaOrientalia, 2012
5. M.S. Valiathan, An Introduction to Āyurveda Paperback, Universities Press (India) Private Limited, 2013
6. M.S. Valiathan, The Legacy of Suśruta, Universities Press, 2007
7. Ravi DattaTripathi, Vāgbhaṭa's Aṣṭāṅga-saṅgraha, ChowkhambaSanskrit Pratishtanam, Delhi., 2011.
8. ShanthaGodagama, The Handbook of Āyurveda, North Atlantic Books, 2004
9. Sharma, Priyavrit V., ed., translator. (1981-1994). Charaka Samhita, Vols. 1 - 4, Chaukhamba Sanskrit Series, Varanasi, India: Varanasi, India: Chowkhamba SanskritSeries.



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10. Sharma, Ram Karan and Bhagawan Dash, Vaidya, eds., translators (1992 – 2000). CharakaSamhita Vols. 1 – 6. Varanasi, India. Chaukhamba Sanskrit Series]
11. Srikrishnamurthy, K.R. Srikantha, translator. (1991-1992). Vagbhata, AstangaHridayam Vols. 1 and 2. Varanasi, India: Krishnadas Academy
12. Srikrishnamurthy, K.R. Srikantha, translator. (2001). Sharangadhara Samhita: A treatise on Āyurveda. Varanasi, India: ChaukhambaOrientalia.
13. Susruta (Author), Kunja Lal Bhishagratna, An English Translation of the Sushruta Samhita, Based on Original Sanskrit Text. Edited and Published by KavirajKunja Lal Bhishagratna. with a Full ... Notes, Comparative Views, Index, Glossary, Nabu Press, 2012

Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time