

## GE-17: Ancient Indian Medicinal Science: Unveiling the Secrets 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		
Ancient Indian Medicinal Science: Unveiling the Secrets of Ayurveda	04	3	1	0	Twelfth Passed	Working Knowledge of Sanskrit

### Learning Objectives

This course offers a comprehensive study of ancient Indian Medicinal Science, focusing on Ayurveda, the traditional system of medicine. Students will explore the foundational principles, concepts, and practices of Ayurveda as documented in ancient texts, such as Charaka Samhita and Sushruta Samhita. Through a combination of lectures, discussions, and practical sessions, students will gain a deep understanding of Ayurvedic principles, diagnosis techniques, treatment modalities, herbal medicine, dietary guidelines, and lifestyle recommendations. The course will also delve into the historical development, philosophical underpinnings, and contemporary relevance of Ayurveda.

### Learning outcomes

By the end of the course, students will be able to:

Understand the historical development and cultural context of ancient Indian medicinal science, with a particular focus on Ayurveda.

Identify and explain the fundamental principles and concepts of Ayurveda, such as the five elements (Pancha Mahabhutas), three doshas (Vata, Pitta, Kapha), and the concept of Prakriti (individual constitution).

Analyze the Ayurvedic approach to health and disease, including the concepts of Samprapti (pathogenesis), Tridosha theory, and the role of Agni (digestive fire) and Ama (toxicity).

Apply diagnostic techniques in Ayurveda, including Nadi Pariksha (pulse diagnosis), Jihva Pariksha (tongue examination), and examination of the body constitution.

Evaluate the role of Ayurveda in promoting holistic well-being, preventive healthcare, and the management of specific diseases.

Analyze the philosophical underpinnings of Ayurveda, including the concepts of Prana (life force), Dharma (ethical living), and the interconnectedness of mind, body, and spirit.

Critically assess the contemporary relevance and challenges faced by Ayurveda, including integration with modern healthcare systems, evidence-based research, and ethical considerations. Engage in scholarly discussions and presentations on various aspects of ancient Indian medicinal shastra and Ayurveda.

## **Detailed Syllabus**

**Unit: I** **10Hrs.**

### **Introduction**

- 1.1 Historical development and cultural context
- 1.2 Overview of Ayurveda and its branches

**Unit: II** **10Hrs.**

### **Ayurvedic Philosophy and Principles**

- Five elements (Pancha Mahabhutas)
- Three doshas (Vata, Pitta, Kapha)
- Concept of Prakriti (individual constitution)

**Unit: III** **15Hrs.**

### **Ayurvedic Diagnosis Techniques**

- Nadi Pariksha (pulse diagnosis)
- Jihva Pariksha (tongue examination)
- Examination of body constitution
- Samprapti (pathogenesis)
- Role of Agni (digestive fire) and Ama (toxicity)

**Unit: III** **10Hrs.**

### **Ayurvedic Treatment Modalities**

- Diet and nutrition in Ayurveda
- Lifestyle recommendations
- Yoga and meditation practices

## **Essential/recommended readings**

### **Reference readings**

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