



# Department of Sanskrit

## University of Delhi

### Under Graduate Course for Sanskrit

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

## GE-3: Basic Principles of Āyurveda

Max. Marks: (75+25= 100)

Total Credits: 04

### [A] Course Objectives:

The primary objective of this course is to offer the students an opportunity of learning about Ancient Indian Medical practices. Students will be familiar with the basic principles of the Science of Ayurveda.

### [B] Course Learning Outcomes:

This course will enable the students to get a fair understanding of the Science of Ayurveda (Medical Science). The course will make the learner capable of analyzing the classification and elements of Indian herbs. The course is supposed to create among the students an awareness of ancient medical practices.

### [C] Course Contents:

#### Unit: I

##### Introduction to Āyurveda

Definition of Āyurveda, Aim of Āyurveda, Subject Matter of Āyurveda, Salient Features of Āyurveda, Concept of Health according to Āyurveda, Unique features of Āyurveda.

History of Āyurveda

Introduction to Major Texts (Suśrut Saṁhitā and Caraka Saṁhitā) and Authors (Suśruta and Caraka) and Aṣṭāṅga Hṛdayam, Aṣṭāṅga Saṅgraha of Vāgbhaṭa.

#### Unit: II

##### Basic Principles of Āyurveda

1. **Triguṇas:** Sattva, Rajas and Tamas.
2. **Pañcamahābhūtas:** Ākāśa (Space), Vāyu (Air), Teja or Agni (Fire), Jala (Water) and Pṛthvī (Earth).
3. **Tridoṣas:** Vāta, Pitta and Kapha.
4. **Saptadhātus:** Rasa (fluid), Rakta (blood), Māṁsa, Meda (fat), Asthi, Majjā and Śukra.
5. **Trayodasāgni:** Jatharāgni (gastric fire), Saptadhātvāgni and Pācabhātāgni.
6. **Trimalas:** Purīṣā (faeces), Mūtra (urine) and Sveda (sweat).

#### Unit: III

##### Aṣṭāṅga Āyurveda:

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

#### Unit: IV



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#### Important Medicinal Plants and their bases on Āyurveda

Medicinal Plants in Suśruta Saṃhitā: Tulsī, Haridrā, Sarpagandhā, Gṛhṇā Kumārī, Guggulu, Brāhmī, āmalā, Aśwagandhā, Arjun, Haldi, Neema Plant, Jamun, Pudina

#### [D] References:

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2. V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishtana New Delhi, 2005.
3. Āyurveda Kā Saṅkṣipta Itihāsa, Hindi Sahitya Sammelan, Allahabad.
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5. Bhishagratna, Kaviraj Kunjalal, 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>
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10. M.S. Valiathan, An Introduction to Āyurveda Paperback, Universities Press (India) Private Limited, 2013
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16. Sharma, Ram Karan and Bhagawan Dash, Vaidya, eds., translators (1992 – 2000). Charaka Samhita 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: Chaukhamba Orientalia.
19. Susruta Susruta (Author), Kunja Lal Bhishagratna, An English Translation of the Sushruta Samhita, Based on Original Sanskrit Text. Edited and Published by Kaviraj Kunja Lal Bhishagratna. with a Full ... Notes, Comparative Views, Index, Glossary, Nabu Press, 2012

#### [E] Teaching Learning Process:

1. Teachers will explain the relevant texts in lecture method.
2. Teachers will make the students visit to and experience themselves the medicinal plants.
3. Teachers will instruct the students to prepare reports on their understanding of the plants.

#### [F] Weekly Plan

Week 1 - Unit 1



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Week 2	- Unit 1
Week 3	- Unit 1
Week 4	- Unit 1
Week 5	- Unit 2
Week 6	- Unit 2
Week 7	- Unit 2
Week 8	- Unit 2
Week 9	- Unit 3
Week 10	- Unit 3
Week 11	- Unit 3
Week 12	- Unit 3
Week 13	- Unit 4
Week 14	- Unit 4
Week 15	- Unit 4

#### [G] Assessment Methods:

##### I. Final Examination

I. Basic Structure of Question Paper & Division of Marks **75**

Four long questions from Units I to IV **15x4=60**

Three short notes (with options) from Units I to IV **5x3=15**

II. Internal Assessment **25**

(Project/Discussion/Assignment/ paper presentation/ Periodic tests etc.)

Total Marks: (I+II) **(75+25) = 100**

#### [H] Keywords:

bhujāṅgaprayāta, sragviṇī, totaka, harigītikā, vidyunmālā, anuṣṭup, āryā, mālinī, śikhariṇī, vasantatilakā, mandākrāntā, sragdharā and nyuśārdūlvikrīḍita.

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