



**GOKUL  
GLOBAL  
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Approved By Govt. of Gujarat  
(Recognized by UGC under Section 22 & 2(f) of 1956)  
(Gujarat Private State University Act 4 of 2018)

**FACULTY OF AYURVEDA**

**FIRST YEAR B.A.M.S**

(2021 and 2022 Admission Onwards)

S. No	Subject Code	Subject	Teaching Scheme			Hours
			L	T	P	
1	AyUG-PV	Padartha Vijnanam	1	1	0	1
2	AyUG-SA1	Samhita Adhyayan-1	6	6	0	6
3	AyUG-KS	Kriya Sharira	14	8	6	14
4	AyUG-RS	Rachana Sharira	14	8	6	14
5	AyUG-SN & AI	Sanskritam Evam Ayurveda Ithihas	7	7	0	7
TOTAL			42	30	12	42

**FIRST YEAR B.A.M.S**

(2019 and 2020 Admission)

S. No	Subject Code	Subject	Teaching Scheme			Hours
			L	T	P	
1	FAB110101	Padartha Vijnanam	2	2	0	2
2	FAB110105	Samhita Adhyayan-1	6	6	0	6
3	FAB110103	Kriya Sharira	14	8	6	14
4	FAB110104	Rachana Sharira	14	8	6	14
5	FAB110102	Sanskritam Evam Ayurveda Ithihas	6	6	0	6
TOTAL			42	30	12	42



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## **SECOND YEAR B.A.M.S**

(2019 and 2020 Batch)

S. No	Subject Code	Subject	Teaching Scheme			Hours
			L	T	P	
1	FAB120101	DravyaGuna Vijyana	10	6	4	10
2	FAB120102	Roga Nidan	10	6	4	10
3	FAB120103	Rasa Shastra Evum Bhaishajya Kalpana	10	6	4	10
4	FAB120104	Charaka Samhita	6	6	0	6
<b>TOTAL</b>			<b>36</b>	<b>24</b>	<b>12</b>	<b>36</b>

## **THIRD YEAR B.A.M.S**

(2019 and 2020 Batch)

S. No	Subject Code	Subject	Teaching Scheme			Hours
			L	T	P	
1	FAB130101	Agad Tantra	8	6	2	8
2	FAB130102	Swasthavritta	9	7	2	9
3	FAB130103	Prasuti Tantra Evum Stri Roga	10	8	2	10
4	FAB130104	Kaumarbhritya	8	6	2	8
5	FAB130105	Charaka Samhita (Uttarardha)	6	6	0	6
<b>TOTAL</b>			<b>41</b>	<b>33</b>	<b>8</b>	<b>41</b>



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## **FOURTH YEAR B.A.M.S**

(2019 Batch)

S. No	Subject Code	Subject	Teaching Scheme			Hours
			L	T	P	
1	FAB140101	Kaya chikitsa	12	8	4	12
2	FAB140102	Panchakarma	8	6	2	8
3	FAB140103	Shalya Tantra	9	7	2	9
4	FAB140104	Shalakya Tantra	11	7	4	11
5	FAB140105	Research Methodology and Medical Statistics	2	2	0	2
<b>TOTAL</b>			<b>42</b>	<b>30</b>	<b>12</b>	<b>42</b>



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**FACULTY OF AYURVEDA**

**SYLLABUS**

**AyUG-PV**

**PADARTHA VIJNANAM**

**Course Objective:**

1. To provide learning methodology of Ayurveda.
2. To provide knowledge about science and philosophy.
3. To understand the fundamental concepts of Ayurveda.

S. NO	Topics	Lecture Hours
1.	Ayurveda Nirupana 1.1 Lakshana of Ayu, composition of Ayu. 1.2 Lakshana of Ayurveda. Swaroopa and Prayojana of Ayurveda 1.3 Lakshana and classification of Siddhanta. 1.4 Introduction to Basic Principles of Ayurveda and their significance	5
2.	Padartha and Darshana Nirupana 2.1 Padartha Lakshana, Enumeration and classification of Padartha, Bhava and Abhava Padartha, Padartha according to Acharya Charaka (Karana-Padartha). 2.2 Etymological derivation of the word "Darshana". Classification and general introduction to 9 Schools of Indian Philosophy with an emphasis on: Nyaya, Vaisheshika, Sankhya, Yoga, Meemamsa and Vedanta darshana. 2.3 Ayurveda as unique and independent school of thought (philosophical individuality of Ayurveda). 2.4 Principles and examples in contemporary sciences which will enhance understanding concept of Padartha. 2.5 Relevance of Study of Darshana and Padartha Vignana in Ayurveda	10
3.	Dravya vijñaneeyam 3.1 Dravya: Lakshana, Classification and Enumeration 3.2 Panchabhuta: Various theories regarding the creation (theories of	11



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	Taittiriyanopanishad, Nyaya-Vaisheshika, Sankhya-Yoga, Sankaracharya, Charaka and Sushruta), Lakshana and qualities of each Mahabhoota. 3.3 Kala: Etymological derivation, Lakshana, division / units and significance. 3.4 Dik: Lakshana, division and significance. 3.5 Atma: Lakshana, classification, seat, Gunas, Linga according to Charaka, the method / process of knowledge formation (atmanah jnasya pravrittih). 3.6 Purusha: According to Ayurveda - Ativahikapurusha/ Sukshmasharira/ Rashipurusha/ Chikitsapurusha/ Karmapurusha/ Shaddhatvatmakapurusha. 3.7 Manas: Lakshana, Synonyms, Qualities, Objects, Functions, dual nature of mind (ubhayaatmakatvam), as a substratum of diseases, Influence of Panchabhootika aahara and aushadha (penta-elemental diet) on manas. 3.8 Role of Panchamahabhuta and Triguna in Dehaprakriti and Manasaprakriti respectively. 3.9 Tamas as the tenth Dravya. 3.10 Practical study/Application and Importance of each Kaarana dravya in Ayurveda. 3.11 Principles and examples in contemporary sciences which will enhance understanding concept of Kaarana dravya	
4	Guna vijñaneeyam 4.1 Etymological Derivation, Classification and Enumeration according to various Darshana and Charaka, 4.2 Lakshana and Classification of Sartha Guna, Gurvadiguna, Paradiguna, Adhyatmaguna (41 Guna) 4.3 Gunapradhanyata (Importance of Guna) 4.4 Practical / clinical application of each Guna in Ayurveda 4.5 Principles and examples in contemporary sciences	4
5.	Karma vijñaneeyam 5.1 – Introduction of concept of Karma According to Darshana and Ayurveda – Classification of Karma 5.3 - Practical application of karma 5.4 - Principles and examples in contemporary sciences which will enhance understanding concept	2
6	Samanya vijñaneeyam 6.1 – Introduction of concept of Saamaanya According to Darshana and Ayurveda. – Classification of Saamaanya 6.3 - Practical application of saamaanya 6.4 - Principle and examples in contemporary sciences which will enhance understanding the concept of Saamaanya.	3
7.	Vishesha vijñaneeyam	3



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	7.1 – Introduction of concept of Vishesha according to Darshana and Ayurveda 7.2 - Classification of Vishesha 7.3 - Practical Application of vishesha 7.4 - Principles and examples in contemporary sciences which will enhance understanding the concept of Vishesha	
8.	Samavaya vijnaneeyam 8.1 – Introduction of concept of Samavaaya According to Darshana and Ayurveda. 8.2 – Practical application of Samavaaya 8.3 - Principles and examples in contemporary sciences which will enhance understanding the concept of Samavaya	2
9.	Abhava 9.1 – Introduction of concept of Abhaava According to Darshana and Ayurveda. 9.2 – Classification of Abhaava. 9.3 – Practical application of Abhaava 9.4 - Principles and examples in contemporary sciences which will enhance understanding the concept of Abhava.	2
10	Pariksha 1.1.Definition, Significance, Necessity and Use of Pariksha. 1.2.Definition of Prama, Aprama, Prameya, Pramata, Pramana. 1.3.Significance and importance of Pramana, Enumeration of Pramana according to different schools of Philosophy. 1.4.Four types of methods for examination in Ayurveda (Chaturvidha-Parikshavidhi), Pramana in Ayurveda. 1.5.Subsutation of different Pramanas under three Pariksha. 1.6.Practical application of methods of examination (Parikshavidhi) in Nidan and Chikitsa.	6
11	Aptopdesha Pariksha/Pramana 2.1.Lakshana of Aptopadesha, Lakshana of Apta. 2.2.Lakshana of Shabda, and its types. 2.3.Shabdavritti-Abhidha, Lakshana, Vyanjana and Tatparyakhya.ShaktigrahaHetu. 2.4.Vaakya: Characteristics, Vaakyarthajnanahetu- Aakanksha, Yogyata, Sannidhi. 2.5.Importance of Aptopadesha in maintaining Health, Prevention of Diseases, Diagnostics, Therapeutics and Research.	6
12	Pratyaksha Pariksha/Pramana 3.1.Lakshana of Pratyaksha, types of PratyakshaNirvikalpaka-Savikalpaka with description, description of Laukika and Alaukika types and their further classification. 3.2.Indriya-prapyakaritvam, six types ofSannikarsha. 3.3.Indriyanam lakshanam, classification and enumeration of Indriya. Description of Panchapanchaka, Penta-elemental nature of Indriya (Panchabhautikatwa of Indriya) and	8





	similarity in sources (Tulyayonitva) of Indriya. 3.4. Trayodasha Karana, dominance of Antahkarana. 3.5. Hindrances in direct perception (pratyakshaanupalabdihikaarana), enhancement of direct perception (Pratyaksha) by various instruments/ equipments, necessity of other Pramanas in addition to Pratyaksha. 3.6. Practical study/ application of Pratyaksha in Sharir, Nidan (Diagnosis), Chikitsa (Treatment) and Anusandhan (Research).	
13	Anumanapariksha/Pramana 4.1. Lakshana of Anumana. Introduction of Anumiti, Paramarsha, Vyapti, Hetu, Sadhya, Paksha, Drishtanta. Types of Anumana mentioned by Charaka and Nyayadarshana. 4.2. Characteristics and types of Vyapti. 4.3. Lakshana and types of Hetu, Description of Ahetu and Hetwabhasa. 4.4. Characteristics and significance of Tarka (logic). 4.5. Practical study/ application of Anumanapramana in Sharir, Nidan, Chikitsa and Anusandhan	10
14	. Yুক্তipariksha/Pramana 5.1. Lakshana and description. 5.2. Importance in Ayurveda. 5.3. Practical study and utility in diagnostics, therapeutics and research.	2
15	UpamanaPramana 6.1. Lakshana. 6.2. Application in Sharir, diagnostics, therapeutics and research.	2
16	Karya- Karana Siddhanta 7.1. Lakshana of Karya and Kaarana. Types of Kaarana. 7.2. Significance of Karya and Kaarana in Ayurveda. 7.3. Different opinions regarding the manifestation of Karya from Kaarana: Satkaryavada, Parinamavada, Vivartavada, Asatkaryavada, Arambhavada, Paramanuvada, Kshanabhanguravada, Pilupaka, Pitharpaka, Anekantavada, Swabhavavada, Swabhavoparamavada. Importance/ Utility of each of these in Ayurveda 7.4 Study of cause effect relationship, causality, causation in Contemporary sciences.	11

**Text Books:**

1. Padarthavigyan - Acharya Ramraksha Pathak
2. Ayurvediya Padartha Vigyana - Vaidya Ranjit Rai Desai



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3. Ayurved Darshana - Acharya Rajkumar Jain
4. Padartha Vigyana - Kashikar
5. Padartha Vigyana - Balwant Shastri
6. Sankhyatantwa Kaumadi – Gajanan Shastri
7. Psycho Pathology in Indian Medicine - Dr. S.P. Gupta
8. Charak Evum Sushrut ke Darshanik Vishay - Prof.Jyotirmitra Acharya
9. Ayurvediya Padartha Vigyana - Dr. Ayodhya Prasad Achal
10. Padartha Vigyana - Dr. Vidyadhar Shukla
11. Post graduate text book of Samhitha & Sidhanta - Dr P.P.Kirathamoorthy and Dr Anoop AK
12. 12 Padartha Vigyana - Dr. Ravidutta Tripathi
13. Ayurvediya Padartha Vigyana - Vaidya Ramkrishna Sharma Dhand
14. Ayurvediya Padartha Vigyan Parichaya - Vaidya Banwarilal Gaur
15. Ayurvediya Padartha Darshan - Pandit Shivhare
16. Scientific Exposition of Ayurveda - Dr. Sudhir Kumar
17. Padarthavignana and Ayurveda itihasa - Dr C R Agnivesh
18. Essentials of padarthavignana - Dr Vinodkumar MV



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19 Padarthavignanevam Ayurveda Itihas - Dr Ramnihor Tapsi Jaiswal

20. Ayurvediya Padarthavignana - Dr C R

Agnives 21 Ayurvediya Moulika Siddhanta - Dr

V J Thakkar

**Course Outcome:**

CO	Course learning Outcomes (CO) AyUG-PV
	At the end of the course AyUG-PV, the student should be able to-
CO 1	Illustrate the scope and utility of Ayurveda
CO 2	Explain Philosophical foundation of Ayurveda, Principles (Siddhantha) of Darshana along with their similarities and relevance in Ayurveda and contemporary sciences.
CO 3	Analyse and interpret Padartha (Prameya) in Darshana and Ayurveda. Recognize their applications in Ayurveda.
CO 4	Distinguish, analyse and apply concept of Pramana shastra (Epistemology) in Darshana and Ayurveda. Demonstrate their applications in Ayurveda.
CO 5	Analyse and apply concept of Karya Karana Bhava in Ayurveda.

**Mapping of Course Outcomes (COs) with Program Outcomes (POs)**

CO	Course learning Outcomes (CO) AyUG-PV	Course learning Outcome matched with program learning outcomes.
	At the end of the course AyUG-PV, the student should be able to-	
CO 1	Illustrate the scope and utility of Ayurveda	PO1



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<b>CO 2</b>	Explain Philosophical foundation of Ayurveda, Principles (Siddhantha) of Darshana along with their similarities and relevance in Ayurveda and contemporary sciences.	PO1, PO2, PO6
<b>CO 3</b>	Analyse and interpret Padartha (Prameya) in Darshana and Ayurveda. Recognize their applications in Ayurveda.	PO1, PO2, PO9
<b>CO 4</b>	Distinguish, analyse and apply concept of Pramana shastra (Epistemology) in Darshana and Ayurveda. Demonstrate their applications in Ayurveda.	PO1, PO2, PO9
<b>CO 5</b>	Analyse and apply concept of Karya Karana Bhava in Ayurveda.	PO1, PO2, PO9



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## AyUG-SA1

### Samhita Adhyayan 1

#### Course Objectives:

1. To read, understand and practice the Samhita in a more efficient manner.
2. To provide practice-oriented knowledge.
3. To provide elaborative, sufficient and intellectual knowledge of Ayurveda.
4. To provide knowledge about preventive and curative aspects.

S. NO	Topics	Lecture Hours
1.	Introduction to Samhita- i. Definition of Samhita and its types and nomenclature. (Samhita- forms, nomenclature, commentary, types etc.) ii. Brief Introduction of Samhitas (Bruhatrayee), their commentaries and commentators ( Preceptors, authours, redactors, commentators ) iii. Tantrayukti, Tantraguna and Tantradosha iv. RachanaShaili & BhashaShaili (Composition and Language style) of Bruhatrayee. v. Anubandha Chatushtya vi. Ashta-Prashna vii. Trividha Jnyanopaya	15
2.	AH Su.1. Ayushkamiya Adhyaya- i. Ashtang Hridaya parichaya (Introduction to Ashtang Hridaya) ii. Dosha-dhatu-mala parichaya (Introduction to dosha, dhatus and mala) iii. Agni- koshtha swarup (Concept of digestive fire and bowel habits) iv. Rasa, virya, vipaka prabhav guna parichaya (Introduction to	08



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	<p>rasa, virya, vipaka, prabhav and guna)</p> <p>v. Rog-aarogya swaroop (Concept of health and disease)</p> <p>vi. Roga-aatur parikshan (Assessment of disease and diseased)</p> <p>vii. Desha and kaala parichaya (Introduction to habitat and time)</p> <p>viii. Chikitsa bheda (Types of treatment)</p> <p>ix. Pada chatustaya Swaroopam (Concepts of four factors of treatment)</p> <p>X. Vyadhi sadhyasadyatva (Types of prognosis)</p> <p>xi. Recitation of important shlokas</p>	
3.	<p>AH Su.2. Dinacharya Adhyaya-</p> <p>i. Dinacharya vihaar (Importance of various regimen in Dinacharya)</p> <p>ii. Shuddhi Niyam (Personal hygiene)</p> <p>iii. Dharmapalan evam sadvrutta palan</p> <p>Recitation of important shloka</p>	05
4.	<p>AH Su.3. Rutucharya Adhyaya-</p> <p>i. Shadrutu (Classification of seasons according to Uttarayan and Dakshinayan)</p> <p>ii. Rutucharya (detailed regimen of the six seasons)</p> <p>iii. Rutusandhi (inter-seasonal period)</p> <p>Recitation of important shlokas</p>	05
5.	<p>AH Su.4. Roganutpadaniya Adhyaya-</p> <p>i. Adharaneeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment)</p> <p>ii. Dharneeya vega (Concept of urges which have to be suppressed)</p> <p>iii. Shodhan chikitsa (Importance of purification treatments)</p> <p>iv. Hita-aahar-vihar sevan (Importance of following healthy lifestyle)</p> <p>Recitation of important shlokas</p>	05
6.	<p>AH Su.5. Dravadravya Vijnaniya Adhyaya-</p> <p>i. Jala Varga (Water from different sources, various states of water)</p> <p>ii. Dugdha Varga (Milk and milk products)</p> <p>iii. Ikshu Varga (Sugarcane and its products)</p>	05





	<ul style="list-style-type: none"><li>iv. Madhu varnana (Properties of honey)</li><li>v. Tail Varga (Oils of various sources)</li><li>vi. Madya Varga (Types of alcoholic beverages)</li><li>vii. Mutra Varnana (Types of urine)</li></ul> Recitation of important shlokas	
<b>7</b>	AH Su.6. Annaswaroop Vijnaneeya Adhyaya- <ul style="list-style-type: none"><li>i. Shuka- Dhanyanam Samanya Gunah (Properties of various types of cereals)</li><li>ii. Shimbi- Dhanyanam Samanya Gunah (Properties of various types of Pulses)</li><li>iii. Mamsasya Samanya Gunah (Properties of meat of various animals)</li><li>iv. Shakayoh Samanya Gunah (Properties of various types of vegetables)</li><li>v. Phalayoh Samanya Gunah (Properties of various types of Fruits)</li><li>vi. Kritanna varganam Samanya Gunah (Properties of various types of cooked food)</li></ul> Aushadhanam Samanya Gunah (Properties of various types of medicinal herbs)	<b>05</b>
<b>8.</b>	AH Su.7. Annaraksha Adhyaya- <ul style="list-style-type: none"><li>i. Rajnikate- Vaidyasthiti ( Important place of Vaidya in Kings palace)</li><li>ii. Savishanna Lakshanam (Properties of poisoned food)</li><li>iii. Savishanna Pariksha (Examination of food contaminated with poison)</li><li>iv. Savishanna-Lakshana- Aushadha ( Signs of food poisoning and its treatment)</li><li>v. Viruddha Aahar (Incompatible food and food practices)</li><li>vi. Satmikaran Krama (Method of adaptation of wholesome food habits and to taper unwholesome food habits)</li><li>vii. Aahar-Shayan-Abrahmacharya – Trayopasthambha (Three accessory pillars of Health)</li></ul> Recitation of important shlokas	<b>04</b>
<b>9.</b>	AH Su.8. Matrashitiya Adhyaya- <ul style="list-style-type: none"><li>i. Aahar Matra (appropriate quantity of food)</li></ul>	<b>05</b>







	<ul style="list-style-type: none"><li>ii. Heen-matra, ati-matra bhojan dosha (Demerits of excess and less quantity of food)</li><li>iii. Alasak, Visuchika (Etiopathogenesis and management principles of Vishuchika and Alasak)</li></ul> <p>Apatarpan chikitsa</p> <ul style="list-style-type: none"><li>v. Types of Ajeerna (indigestion) and its causes</li><li>vi. Bhojan-samyak yog (Ideal regimen and time for taking food)</li><li>vii. Kukshi Vibhag (Imaginary parts of the stomach)</li><li>viii. Details of Anupan (Liquid consumed along with or after food)</li></ul> <p>Recitation of important shlokas</p>	
<b>10</b>	<p>AH Su.9. Dravyaadi Vijnaniya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Dravya shreshthtva (Predominance of Dravya)</li><li>ii. Dravyasya panchbhautikatvam (Prevalence of Panchamahabhutas in dravyas)</li><li>iii. Panchbhautik dravyanaam guna (Characteristics of Panchabhautik Dravyas)</li><li>iv. Principles of dravyas viz Veerya- Vipaka- Prabhava</li></ul> <p>Recitation of important shlokas</p>	<b>04</b>
<b>11</b>	<p>AH Su.10. Rasabhediya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Shadrasanaam utpatti (Origin of Shadrasa)</li><li>ii. Shadrasa parichaya (Identity of Six Rasas)</li><li>iii. Shadrasa karma, guna, atiyoga lakshana (Functions, properties and presentation of excessive intake of Six Rasas.)</li></ul> <p>Recitation of important shlokas</p>	<b>05</b>
<b>12</b>	<p>AH Su.11. Doshadi Vijnaniya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Importance of dosha dhatu mala</li><li>ii. Dosha dhatu mala prakruta and vaikruta karma (normal and abnormal functions)</li><li>iii. Dosha dhatu mala ashraya- ashrayi bhava (relation between dosha and dhatu)</li><li>iv. Samanya chikitsa siddhanta for dosha dhatu mala vrudhhi kshaya (treatment principles)</li><li>v. Agni (Digestive fire)</li></ul>	<b>08</b>





	vi. General pathophysiology for origin of diseases Ojus (Essence of dhatus) viii. Vriddhi-kshaya bhesaja Recitation of important shlokas	
<b>13</b>	AH Su.12. Doshabhediya Adhyaya- i. Dosha and dosha bheda (Dosha and their types) ii. Dosha chaya, prakopa, prashamkaranani (Causes of dosha accumulation, aggregation and alleviation) iii. Trividhakarana (three causative factors of disease) iv. Trividha Roga marga (three pathways of disease) v. Aatura parikshbhava (assessment methods) Recitation of important shlokas	<b>08</b>
<b>14</b>	AH Su.13. Doshopakramaniya Adhyaya- i. Tridosha- upakrama (Treatment principles of vitiated doshas) ii. Shuddha-ashuddha chikitsa lakshana (Accurate and inaccurate treatment) iii. Dosha gati (movement of doshas inside the body) iv. Concept of aama v. Dasha aushadha-kaala (ten types of times for administering medicines) vi. Recitation of important shlokas Research Updates – Langan : Fasting and autophagy induction – how cell recycle and renew their content, a process called autophagy	<b>07</b>
<b>15</b>	AH Su.14. Dvidhopakramaniya Adhyaya- i. Concept of Langan and Brihan therapies (Treatment procedures for making the body thin and for nourishment) ii. Concept of Shodhan and shaman therapies (Purification and palliative treatments) iii. Concept of Atistaulya and atikarshya (Obesity and emaciation) Recitation of important shlokas	<b>05</b>
<b>16</b>	AH Su.15. Shodhanadigana Sangraha Adhyaya- i. Groups of dravyas according to specific action Groups of dravyas according to major ingredient as well as action	<b>02</b>
<b>17</b>	Ch S Su 1. Deerghanjiviteeya Adhyaya-	<b>07</b>





	<ul style="list-style-type: none"><li>i. Ayurvedavataranam (Genealogy of Ayurveda)</li><li>ii. Arogsya chaturvarge pradhanamkaranam</li><li>iii. Trisutra Ayurveda</li><li>iv. Details of Shat padartha</li><li>v. Ayurvedasya lakshanam tathaprayojan</li><li>vi. Ayusho lakshanam paryayashcha</li><li>vii. Samanyavisheshayorlakhanam</li><li>viii. Tridanda</li><li>ix. Vyadhinam trividho hetusamgrah</li><li>x. Vyadhinam ashraya tatha Arogasyakaranam</li><li>xi. Atmano lakshanam</li><li>xii. Details about Sharira and manasdosha</li><li>xiii. Sadhyaasadhyata vikara chikitsa</li><li>xiv. Rasa varnanam</li><li>xv. Dravya bheda</li><li>xvi. Aushadhinam nama-rupa-upyog gyan</li><li>xvii. Bhishagbubhushoh kartavyam</li><li>xviii. Yuktasya bhaishajyasya lakshanam</li><li>xix. Bhishaktamasya lakshanam</li><li>xx. Recitation of important shlokas</li></ul>	
<b>18</b>	<p>Ch S Su 2. Apamarga Tanduliya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Shiro Virechana Dravya &amp; Main Indications</li><li>ii. Vamana Dravya &amp; Main Indications</li><li>iii. Virechana Dravya &amp; Main Indications</li><li>iv. Asthapana Dravya &amp; Main Indications</li><li>v. Anuvasana Dravya &amp; Main Indications</li><li>vi. Ashtavimshathi Yavagu</li><li>vii. Panchakarma Mahatwa &amp; Vaidya Guna</li></ul> <p>Recitation of important shlokas</p>	<b>02</b>
<b>19</b>	<p>Ch S Su 3. Aragvadhya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Dwa Trimshath Churna Pradeha &amp; Main Indications</li></ul>	<b>01</b>
<b>20</b>	<p>Ch S Su 4. Shadvirechana-shatashritiya Adhyaya-</p> <ul style="list-style-type: none"><li>i. Shadvirechan aashrya</li></ul>	<b>03</b>





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	ii. Panchkashaya yoni iii. Panchvidh kashaya kalpana Panch kashaya shatani	
21	Ch S Su 5. Matrashiteeya Adhyaya- i. MatravatAhara ii. Nature of Ahara (Guru, Laghu) iii. AharaMatra iv. MatravatAharaPhala v. AharaSevanaVidhana on the bases of its nature vi. Swasthavrutta vii. Anjana viii. Dhumapana ix. Nasya x. Dantadhavana xi. Jivhanirlekhana xii. Gandusha xiii. Abyanga xiv. Parimarjana xv. VastraGandhaMalyadiDharana xvi. Shouchavidhi xvii. Kshoura Karma xviii. PadatraDharana xix. ChatraDharana xx. Important Shlokas for recitation xxi. Research Updates: Role of Dinacharya to maintain circadian rhythm Role of therapeutic message for cell rejuvenation Mechanism of satiation and proper quantity of food (Sauhitya Matra)	03
22	Ch S Su 6. Tasyashiteeya Adhyaya- i. Classification Samvastara ii. Visarga Kala iii. Adana kal;a iv. Shadrutuvivechana and Charya v. Hamsodaka vi. Saatmya vii. Important shlokas for recitation	04



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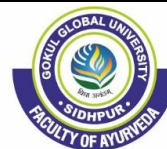
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	viii. Research Updates: What causes the season: Summer and winter solistice-Equinoxes- Rotation of earth around sun.	
<b>23</b>	Ch S Su 7. Naveganadharaniya Adhyaya- i. Adharneeya-Dharneeya vega lakshan,chikitsa ii. Vyayam (Details regarding exercise) iii. Ahita sevan evam varjya vidhi iv. Deha prakruti (Body constitution) v. Agantuja evam Pradnyaapradh janyavyadhi evam chikitsa vi. Impotent Shlokas for recitation Research Updates: Corelation ofgenomic variation with the classification of Prakriti	<b>04</b>
<b>24</b>	Ch S Su 8. IndriyopakramaniyaAdhyaya- i. Enumeration of Indriya, Dravya, Adhishthana, Artha, Buddhi ii. Manas Lakshana iii. Ekatvam of Manas iv. Sattvikatva, Rajasatva and Tamasatvaof Manas v. Indriya PanchaPanchaka vi. Adhyatma Dravya Guna Sangraha vii. Mahabhuta – Indriya sambandh viii. Prakriti – Vikriti hetu ix. SadvrittaAnushthana x. Hetuchatushtaya xi. AnuktaSadvritta xii. Important Shlokas for Recitation xiii. Research updates: Mental health and gut microbiota	<b>04</b>
<b>25</b>	Ch S Su 9. KhuddakachatushpadaAdhyaya- i. Chikitsa Chatushpada Roga-Arogya Lakshana iii. Chikitsa Lakshana iv. Vaidya, Dravya (Bheshaja), Paricharaka, Aatura guna v. Vaidya pradhanatva vi. Adnya chikitsak dosha vii. Sadvaidya lakshana	<b>03</b>



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	viii. Vaidya kartavya ix. Vaidya Vritti x. Recitation of important Shlokas xi. Research Updates: Medical ethics-principles Soft Skill development for medical students Emotional Intelligence as a crucial component in medical education	
<b>26</b>	Ch S Su 10. Mahachatuspada Adhyaya- i. Catuspaada-bheshajam alamaarogyaayeti (aatreya-kṛta) ii. Bheshaja-abheshajayo tulyatvapratipaadana – (maitreya-kṛta) iii. Its conclusion by Atreya iv. Pareekshya-kaarino hi kusalaabhavanthi v. Cikitsaa sootram vi. Cikitsaayaam yasolaabhe kaaranam vii. Asaadhyaroga-cikitsaayaam haani viii. Further division of saadhya-asaadhyata ix. Sukha-saadhya lakshanam x. Krcchra-saadhya lakshanam xi. Yaapya lakshanam xii. Pratyaakhyeya lakshanam xiii. Benefit of knowledge of prognosis xiv. The versatile usage of the term 'mithyaa-buddhi' xv. Recitation of important shlokas	<b>03</b>
<b>27</b>	Ch S Su 11. Tisraishaniya Adhyaya- i. TrividhaEshana (Three Desires of life) ii. Paralokaeshana iii. Chaturvidhapariksha iv. Punarjanma siddhi by Chaturvidhapramanas v. Trayopasthambha Trividhabala vi. Trividhaayatana viii. Atiyoga, Heenayoga and Mithya yoga of artha, karma and kaala	<b>06</b>





	ix. Trividharoga x. Treatment for manasavyadhi xi. Trividharogamarga xii. Trividhavaidya xiii. Trividhaoushadha xiv. Ashtatrika Important Shloka for Recitation	
<b>28</b>	Ch S Su 12. Vatakalakaliya Adhyaya- i. Vata guna ii. Views of various Acharyas on Vatadosha Guna avum Karma iii. Vayu prakop-prasham karan iv. Akupita, kupita vayu karma v. Vata Dosha – Clinical application vi. Akupita-kupita pitta karma vii. Akupita- kupita kapha karma viii. Atreya's exploration on Tridosha Important shloka for recitation	<b>04</b>

#### Reference Books:

#### Introduction to Samhita

1. Ashtanghridayam with the commentaries 'Sarvangasundara' of Arundatta and 'Ayurvedarasayana' of Hemadri, Collated by Dr. Anna Moreshwar Kunte and Krishna Ramchandra Shastri Navre
  2. Sushruta Samhita by Dr. Ambikadutta Shastri
  3. Ayurvedeeya Padartha Vijnana by Prof. C. R. Agnivesh
  4. Ayurvedeeya Padartha Vijnana and Ayurvedeeya itihaasam by Prof. C. R. Agnivesh
  5. Ayurvediya Padarth Vidnyan by Vd. Ranjit Rai Desai
  6. History of Medicine in India by Acharya Priyavrat Sharma
  7. History of Indian Medicine by J. Jolly
- **Ashtang Hridaya**
1. Ashtanghridayam with the commentaries 'Sarvangasundara' of Arundatta and



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‘Ayurvedarasayana’ of Hemadri, Collated by Dr. Anna Moreshwar Kunte and Krishna  
Ramchandra Shastri Navre

2. Ashtanga Hridaya : English commentary by Dr. T. Shreekumar
3. Ashtanga Hridaya : English commentary by Dr. Vishwvasu Gaur
4. Ashtang Hridayam : English translation by Prof. K.R. Srikantha Murthy
5. Ashtanga Hridaya –English translation by Vd. Anantram Shastri
6. Ashtanga Hridayam by Dr. B. Ramarao
7. Illustrated Ashtanga Hridaya text with English Translation by Dr. R. Vidyanaath
8. Ashtanga Hridaya: Hindi commentary by Lalchanda Vaidya
9. Ashtanga Hridaya: Hindi commentary by Vd. B.L.Gaur

• **Charak Samhita**

1. Charakasamhita by Agnivesha Revised by Charaka and Dridhbala with the Ayurveda Dipika commentary of Chakrapanidatta Edited by Vaidya Yadavji Trikamji Acharya
2. Charak Samhita (English Commentary): Dr. Ram Karan Sharma and Vd. Bhagwan Dash or Acharya Priyavrata Sharma
3. Charak Samhita with translation of Chakrapani commentary by Harishchandra Kushvaha
4. Charak Samhita by Acharya P.V.Sharma
5. Charak Samhita (Hindi commentary): Vaidya Jayadev Vidyalkar
6. Charak Samhita (Hindi commentary): Vaidya Atridev Vidyalkar
7. Charak Samhita (Hindi commentary): Prof. Gorakhanath Chaturvedi and Kashinath Shastri
8. Charak Samhita (Hindi commentary): Dr. Brahmanand Tripathi
9. Charak Samhita (Hindi commentary): Dr. Ravidatta Tripathi
10. Charaka Samhita –Ayurveda Dipika Commentary- Hindi translation by Dr. B.L.Gaur
11. Legacy of Charak – M S Valiathan
12. Charak e-Samhita –National Institute of Indian Medical Heritage

–<http://niimh.nic.in/ebooks/ecaraka>

Charakasamhitaonline.com- [Charak Samhita New Edition \(carakasamhitaonline.com\)](http://Charak Samhita New Edition (carakasamhitaonline.com))



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**Course Outcome:**

CO No	Course learning Outcomes (CO) AyUG SA1 At the end of the course AyUG-SA1, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
CO1	Distinguish the different <i>Samhitas</i> , their importance and methodology and familiarize with the tools of <i>Samhita Adhyayan</i> . (eg: <i>tantrayukti</i> )	PO2, PO9
CO2	Interpret and apply the <i>sutras</i> from the <i>Samhitas</i> .	PO1
CO3	Apply and evaluate the <i>Tridosha</i> , <i>Saptadhatu</i> and <i>Mala</i> principles (theory).	PO1, PO3, PO5
CO4	Practice and prescribe <i>Dincharya</i> (daily regimen), <i>Ritucharya</i> (seasonal regimen) and dietary principles for preservation of health.	PO2, PO7, PO8
CO5	Explore and distinguish different types of food, food groups and medicinal <i>dravyas</i> mentioned in <i>Samhitas</i> .	PO1, PO2
CO6	Identify various etiopathological factors and predict different treatment principles	PO1, PO5
CO7	Recognize and explain the fundamentals behind various therapeutics ( <i>Shodhan</i> and allied) and parasurgical therapies.	PO2, PO5
CO8	Develop a code of behavior and show mature behaviour in particular to the scientific deliberations.	PO 6, PO 9





### Mapping Course and Programme Outcome

CO No	Course learning Outcomes (CO) AyUG SA1 At the end of the course AyUG-SA1, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
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CO6	Identify various etiopathological factors and predict different treatment principles	PO1, PO5
CO7	Recognize and explain the fundamentals behind various therapeutics ( <i>Shodhan</i> and allied) and parasurgical therapies.	PO2, PO5
CO8	Develop a code of behavior and show mature behaviour in particular to the scientific deliberations.	PO 6, PO 9







## AyUG-RS

### Rachana Sharir

### (Human Anatomy)

#### Course Objectives:

1. To comprehend the normal disposition , inter- relationship , gross, functional and applied anatomy of the various structures of body.
2. Students should be able to locate the site of gross lesions according to the deficits encountered.

S. NO	Topics	Lecture Hours
1	<b>Shariropkramaniya Shaarira</b> <ul style="list-style-type: none"><li>• Sharir and Shaarir vyakhya (definitions of shariraand sharira)</li><li>• Shadangatvam (Six regions of the body)</li><li>• Anga Pratyanga vibhaga (subdivisions)</li><li>• Sharir shastra vibhag</li><li>• Sharir gyan prayojan and its description in contemporary science with its clinical importance</li></ul>	4
2	<b>Paribhasha Shaarira</b> <ul style="list-style-type: none"><li>• Kurcha, Kandara, Jala, Asthisamghata, Seemnta,Seevani, Rajju, and lasika</li><li>• Terminologies related shadang sharir</li></ul>	3
3.	<b>Garbha Shaarira</b> <ul style="list-style-type: none"><li>• Garbha Vyakhya (Definition of Garbha)</li><li>• Concept of Shukra and Artava</li><li>• Garbhavkranti. Masanumasik grabhavruddhi</li></ul>	17





	<ul style="list-style-type: none"><li>• Role of panchamahabhoot in Garbhavruddhi</li><li>• Concept of Beeja, Beejabhaga, Beejabhagavayava</li><li>• Garbhposhana</li><li>• Aparanirmiti, Garbhanabhinadi</li><li>• Garbha Angapratyanga utpatti according to different Acharya</li><li>• Garbha Vikruti</li></ul>	
4.	<b>Asthi Shaarira</b> Enumeration of Asthi, Types, asthi swaroopa, with its applied aspect	2
5	<b>Sandhi Shaarira</b> <ul style="list-style-type: none"><li>• Description of Sandhi and its enumeration,</li><li>• Types of Sandhi with its clinical importance</li><li>• Introduction of diseases of Sandhi explained in Ayurveda</li></ul>	2
6	<b>Snayu sharir</b> Concept of Snayu and its clinical importance	2
7	<b>Peshi Shaarira</b> <ul style="list-style-type: none"><li>• Description of Peshi,</li><li>• Utpatti, types, Swaroop, function with its importance</li></ul>	2
8	<b>Kesha, Danta, Nakha Sharir</b> <ul style="list-style-type: none"><li>• Description of Panchbhautik swaroop and its applied value</li><li>• Explanation of its swabhava (Pitruja) and its applied value</li><li>• Description of Prakrita (normal) and Vikruta (abnormal) Swaroop (appearance) of kesha, danta, nakha in concern with disease</li><li>• Importance of examination of kesha, danta, nakha as diagnostic tool</li></ul>	2
9	<b>Embryology</b> <ul style="list-style-type: none"><li>• Definitions and branches of embryology.</li><li>• Embryo and Fetus. Sperm and Ovum, Fertilization, Cleavage.</li><li>• Germ layers formation and their derivatives.</li><li>• Laws of heredity, Sex determination and differentiation, Month-wise development of embryo.</li><li>• Fetal circulation, Placenta formation, Umbilical cord formation</li></ul>	7
10	<b>Osteology</b> <ul style="list-style-type: none"><li>• Bone: structure, types and ossification.</li><li>• Description of each bone with clinical anatomy</li></ul>	9
11	<b>Arthrology</b> <ul style="list-style-type: none"><li>• Joints: structure, types and movements.</li><li>• Description of joints of extremities, inter-vertebral joints and</li></ul>	10





	temporomandibular joint with their clinical anatomy.	
12	<b>Myology</b> <ul style="list-style-type: none"><li>Structure and types of muscles. Description of important muscles: origin, insertion, actions, nervesupply and clinical anatomy.</li><li>Muscle movements in Yogasana</li></ul>	6
13	<b>Nervous System</b> <ul style="list-style-type: none"><li>Nervous system: Introduction and classification</li><li>Meninges</li><li>Description of Brain and Spinal cord.</li><li>Description of Peripheral Nervous System: Cranialand Spinal nerves, Brachial, Cervical, Lumber and Sacral nerve plexus,</li><li>Anatomical consideration of Autonomic NervousSystem,</li><li>Formation and circulation of cerebrospinal fluid</li><li>Blood supply of Brain and Spinal cord.</li></ul>	14
14	<b>Endocrinology</b> <ul style="list-style-type: none"><li>Description of endocrine glands (Pituitary, Thyroid, Parathyroid, Thymus, Pineal and Suprarenal glands)with clinical aspects.</li><li>Histology of all glands.</li></ul>	8
15	<b>Lymphatic system</b> <ul style="list-style-type: none"><li>Introduction Structure included in lymphatic system:Lymph vessels, Lymph nodes, Lymph glands with their clinical importance.</li></ul>	2
16	<b>Pramana Sharira:</b> Anguli pramana & Anjali praman with its appliedimportance	2
17	<b>Koshtha Evam Ashaya Sharira</b> <ul style="list-style-type: none"><li>Definition of Koshtha with its applied importance and</li><li>Enumeration of Koshthanga and its description</li><li>Concept of Ashaya with its clinical importance</li></ul>	2
18	<b>Sira Sharir</b> <ul style="list-style-type: none"><li>Concept of Sira</li><li>Nirukti, types, enumeration of Sira and itsapplied aspect</li><li>Introduction to Sira vedha</li></ul>	3
19	<b>Dhamani Sharir</b> <ul style="list-style-type: none"><li>Concept of Dhamani</li><li>Nirukti, types, enumeration of Dhamani and itsapplied aspect</li></ul>	2
20	<b>Strotas Shaarira</b> <ul style="list-style-type: none"><li>Concept of Strotas</li><li>Nirukti, types, number of Srotas, Strotomool andits applied aspect</li></ul>	





	<ul style="list-style-type: none"><li>Types of Strotas and its description.</li><li>Applied aspect of Strotas</li></ul>	8
21	<b>Kala Shaarira</b> <ul style="list-style-type: none"><li>Definition and etymology of Kala</li><li>Enumeration and description of Kala</li><li>Applied aspect of Kala</li></ul>	2
22	<b>Indriya Shaarira</b> <ul style="list-style-type: none"><li>Definition of Indriya, Indriya artha and Indriyaadhistan,</li><li>Number and importance of Indriya</li><li>Description of Gyanendriya, Karmendriya and Ubhayendriya (Manas).</li><li>Ayurved sharir of Indriya adhistan- Karna, Twacha, Netra, Jivha, Nasa</li><li>Applied aspect of Indriya</li></ul>	3
23	<b>Twacha Sharir</b> <p>Definition, types and characteristics of Twacha with its clinical importance, significance of Twacha adhithana in disease manifestation, its relation with Dhatu.</p>	2
24	<b>Marma Sharira</b> <ul style="list-style-type: none"><li>Marma: definition, enumeration, classification, location</li><li>Surface demarcation of Marma</li><li>Explanation of Trimarma</li><li>Detail description of Marma with its applied importance.</li></ul>	13
25	<b>Respiratory System</b> <ul style="list-style-type: none"><li>Bronchial tree and Lungs with their clinical aspects.</li><li>Respiratory tract: Nasal cavity, Pharynx, Larynx, Trachea</li><li>Pleura with its clinical aspects</li><li>Diaphragm and its opening</li><li>Histology of all organs</li></ul>	6
26	<b>Digestive system</b> <ul style="list-style-type: none"><li>Regions of abdomen</li><li>Organs of digestive tract (alimentary tract) with their clinical aspects.</li><li>Digestive glands: Liver, Spleen and Pancreas.</li><li>Description of peritoneum with its clinical aspects</li><li>Histology of all organs</li></ul>	10





27	<b>Cardiovascular system</b> <ul style="list-style-type: none"><li>• Description of Heart</li><li>• Structure of artery &amp; vein</li><li>• Importance blood vessels with their course and branches.</li><li>• Pericardium with applied aspect</li><li>• Histology of Heart</li></ul>	8
28	<b>Urinary System</b> <ul style="list-style-type: none"><li>• Urinary tract: Kidney, Ureter, Urinary Bladder and Urethra with their clinical aspects</li><li>• Histology of all organs</li></ul>	8
29	<b>Reproductive system</b> <ul style="list-style-type: none"><li>• Male Reproductive system: Reproductive organs, Scrotum and glands (Testis, Prostate and Seminal vesicles) with their clinical aspects.</li><li>• Female reproductive system: Introduction of external genital organ in brief and internal reproductive organs in detail, tract and glands with clinical importance.</li><li>• Histology of all organs</li></ul>	7
30	<b>Sensory organs</b> Description of structures of Eye, Ear, Nose, Tongue and Skin with their clinical aspects.	14

### Reference and Resources

1. Parishadhya Shabdarth Sharir
2. Pratyaksha shaririram
3. Sharisthana of all Samhita
4. Sushrut Samhita Sharirshatana- Dr. Bhaskar Govind Ghanekar
5. Brihat Shariram Vaidyaratna- P.S. Varrier
6. Abhinava Shariram- Acharya Damodar Sharma Gaur
7. Manava Sharir (Revised Edition)- Prof. Dinkar Govind Thatte
8. Sharir Rachana Vigyan (English)- Vaidya P.G. Athawale
9. Manual of Practical Anatomy Cunningham Practical Manual Vol-1, Vol-2, Vol-3
10. Clinical Anatomy in Ayurveda - Prof. D.G. Thatte & Prof. Suresh Chandra
11. Ayurvedic Human Anatomy - Prof. Dr. Giridhar M. Kanthi
12. Sharir Rachana Vigyan Vol I & II- Dr. Sunil Kumar Yadav
13. Regional Anatomy - B. D. Chaurasia
14. Rachana Sharir Vigyana - Dr. Mahendra Sing



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15. Relevant chapters of Brihtrayee and Laghuthrayee
16. Gray's Anatomy
17. Text Book of Human Anatomy- Inderbir Singh
18. Clinical Anatomy- Richard S Snell
19. Fundamentals of Human Anatomy- Dr. Chakraborty
20. Human Osteology - Poddar
21. A Handbook of Anatomical Terminology, Dr. Nidhi Shrivastava, Dr. Ravi Kumar Shrivastava, Dr. RakeshKumar Sharma.

### Course Outcomes

CO No	Course learning Outcome (CO) AyUG RS At the end of the course AyUG RS, the student should be able to-
CO1	Describe the fundamentals of Rachana Sharir, interpret and analyze it in relevant context and recognize its significance in Ayurveda
CO 2	Explain Garbha Sharir and Embryology in Ayurveda and modern science respectively with clinical significance
CO 3	Describe and demonstrate all the bones and joints with attachments of associated structures and its clinical application
CO 4	Explain the concept of Sira-Dhamani-Strotas, their organization in the human body and its applied aspect
CO 5	Identify the Marma and understand its classification along with its importance in preventive and therapeutic aspect
CO 6	Explain and demonstrate the gross anatomy of the organs of various systems and their applied anatomy in perspective of Ayurveda and Modern science
CO 7	Explain the Indriya Sharir and Sensory organs with its application in preventive and therapeutic domain.





<b>CO 8</b>	Identify and locate all the structures of body and mark the topography of the living Sharir.
<b>CO 9</b>	Respect the cadaver and perform dissection with commitment to reiterate the theoretical aspect of Ayurved Rachana Sharir and contemporary sciences.
<b>CO 10</b>	Describe the basic principles of imaging technologies and identify the anatomical structures in the radiograph

### Mapping Course Outcome and Programme Outcome

<b>CO No</b>	<b>Course learning Outcome (CO) AyUG RS</b> At the end of the course AyUG RS, the student should be able to-	<b>Course learning Outcome matched with program learning outcomes.</b>
<b>CO1</b>	Describe the fundamentals of Rachana Sharir, interpret and analyze it in relevant context and recognize its significance in Ayurveda	<b>PO1, PO2</b>
<b>CO 2</b>	Explain Garbha Sharir and Embryology in Ayurveda and modern science respectively with clinical significance	<b>PO1, PO2</b>
<b>CO 3</b>	Describe and demonstrate all the bones and joints with attachments of associated structures and its clinical application	<b>PO1, PO2</b>
<b>CO 4</b>	Explain the concept of Sira-Dhamani-Strotas, their organization in the human body and its applied aspect	<b>PO1, PO2</b>
<b>CO 5</b>	Identify the Marmas and understand its classification along with its importance in preventive and therapeutic aspect	<b>PO1, PO2</b>





<b>CO 6</b>	Explain and demonstrate the gross anatomy of the organs of various systems and their applied anatomy in perspective of Ayurveda and Modern science	<b>PO1, PO2, PO3</b>
<b>CO 7</b>	Explain the Indriya Sharir and Sensory organs with its application in preventive and therapeutic domain.	<b>PO1, PO2</b>
<b>CO 8</b>	Identify and locate all the structures of body and mark the topography of the living Sharir.	<b>PO1, PO3</b>
<b>CO 9</b>	Respect the cadaver and perform dissection with commitment to reiterate the theoretical aspect of Ayurved Rachana Sharir and contemporary sciences.	<b>PO1, PO3, PO5</b>
<b>CO 10</b>	Describe the basic principles of imaging technologies and identify the anatomical structures in the radiograph	<b>PO1, PO2, PO3</b>





## AyUG KS Kriya Sharir

### Course Objectives:

- Enables the student to understand the functioning of the human body in its normal state
- Enables the students to understand 3 pillars of the body i.e., dosha, dhatu & mala
- Enables the student to understand the basic concepts, knowledge, and applicability of Tridosha (Vata, Pitta, Kapha), Sapta Dhatus (Rasa, Rakta,

Mamsa, Meda, Asthi, Majja, Shukra), and Trimala (Mutra, Purish, Sweda) which are very important in the critical understanding of the disease

- Enables the student to understand Prakriti, Strotas, Kostha, Agni, Oja, Mana,

Aahar (Basic principles of food) and shatkriyakala

- Enables the student to understand systems of contemporary science

S. NO	Topics	Lecture Hours
1	<b>Sharir:</b> Definition and synonyms of term Kriya, Sharir & Shaarir. Description of Sharir Dosha and Manasa Dosha. Mutual relationship between Triguna-Tridosha & Panchmahabhuta.	2
2	<b>Basic principles of Ayurveda:</b> Dosha dhatu mala mulam hi shariram. Description of basics of Strotas	2
3	<b>Tridosha:</b> General description of Tridosha. Inter relationship between Ritu-Dosha-Rasa- Guna. Biological rhythms of Tridosha on the basis of day-night-age-season and food intake. Role of Dosha in the formation of Prakriti of an individual and in maintaining of health. Prakriti and Vaikrita Dosha.	3
4	<b>Vata Dosha:</b> Vyutpatti (derivation), Nirukti (etymology) of the term Vata, general locations, general properties and general functions of Vata, five	



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	types of Vata (Prana, Udana, Samana, Vyana, Apana) with their specific locations, specific properties, and specific functions.	6
5	<b>Pitta Dosha:</b> Vyutpatti, Nirukti of the term Pitta, general locations, general properties and general functions of Pitta, five types of Pitta (Pachaka, Ranjaka, Alochaka, Bhrajaka, Sadhaka) with their specific locations, specific properties, and specific functions. Similarities and differences between Agni and Pitta.	5
6	<b>Kapha Dosha:</b> Vyutpatti, Nirukti of the term Kapha, general locations, general properties and general functions of Kapha, five types of Kapha (Bodhaka, Avalambaka, Kledaka, Tarpaka, Śleshaka) with their specific locations, specific properties, and specific functions.	4
7	<b>Dosha Vriddhi-Kshaya:</b> Etiological factors responsible for Dosha Vriddhi, Dosha Kshaya and their manifestations.	1
8	<b>Kriyakala:</b> Concept of Kriyakala, applied physiology of diseases produced due to the vitiation of vata, pitta and kapha.	1
9	<b>Prakriti:</b> <b>Deha- Prakriti:</b> Vyutpatti, Nirukti, various definitions and synonyms for the term “Prakriti”. Intra-uterine and extra- uterine factors influencing Deha-Prakriti, classification and characteristic features of each kind of Deha-Prakriti. <b>Manasa- Prakriti:</b> Introduction and types of Manasa- Prakriti	7
10	<b>Ahara:</b> Definition, classification and significance of Ahara, Ahara-vidhi-vidhana, Ashta Aharavidhi Viseshayatana, Ahara Parinamkar Bhava.	3
11	<b>Agni:</b> Definition and importance, synonyms, classification, location, properties and functions of Agni and functions of Jatharagni, Bhutagni, and Dhatvagni.	4
12	<b>Aharapaka</b> (Process of digestion): Description of Annavaha Srotas and their Mula. Description of Avasthapaka (Madhura, Amla and Katu). Description of Nishthapaka (Vipaka) and its classification. Role of Grahani & Pittadhara Kala. Separation of Sara and Kitta. Absorption of Sara. Genesis of Vata-Pitta-Kapha during Aharapaka process. Definition of the term Koshtha. Classification of Koshtha and the characteristics of each type of Koshtha.	7
13	<b>Physiology Homeostasis:</b> Definition and mechanisms of maintenance of homeostasis. Cell physiology. Membrane physiology. Transportation of various substances across cell membrane. Resting membrane potential and action potential. Acid-base balance, water and electrolyte balance. Study of	5







	basic components of food.	
14	<b>Physiology of Respiratory system:</b> functional anatomy of respiratory system. Definition of ventilation, mechanism of respiration, exchange and transport of gases, neural and chemical control of respiration, artificial respiration, asphyxia, hypoxia. Introduction to Pulmonary Function Tests.	5
15	<b>Physiology of Gastrointestinal system:</b> Functional anatomy of gastrointestinal tract, mechanism of secretion and composition of different digestive juices. Functions of salivary glands, stomach, liver, pancreas, small intestine and large intestine in the process of digestion and absorption. Movements of the gut (deglutition, peristalsis, defecation) and their control. Enteric nervous system. Digestion and metabolism of proteins, fats and carbohydrates. Vitamins & Minerals- sources, daily requirement, functions, manifestations of hypo and hypervitaminosis.	7
16	<b>Physiology of Nervous System:</b> General introduction to nervous system, neurons, mechanism of propagation of nerve impulse, physiology of CNS, PNS, ANS; physiology of sensory and motor nervous system, Functions of different parts of brain, intelligence, memory, learning and motivation. Physiology of sleep and dreams, EEG. Physiology of speech and articulation. Physiology of temperature regulation.	7
17	<b>Physiology of Endocrine glands:</b> General introduction to endocrine system, classification and characteristics of hormones, physiology of all endocrine glands, their functions and their effects.	6
18	<b>Dhatu:</b> Etymology, derivation, definition, general introduction of term Dhatu, different theories related to Dhatuposhana (Dhatuposhana Nyaya)	2
19	<b>Rasa Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Rasa-dhatu. Physiology of Rasavaha Srotas, Formation of Rasa Dhatu from Aahara Rasa, circulation of Rasa (Rasa-Samvahana), role of Vyana Vayu and Samana Vayu in Rasa Samvahana. Description of functioning of Hridaya. Ashtavidha Sara, characteristics of Tvakasara Purusha, conceptual study of Aashraya-Aashrayi Bhaava and its relation to Rasa and Kapha. Manifestations of kshaya and Vriddhi of Rasa	4
20	<b>Rakta Dhatu:</b> Etymology, derivation, synonyms, location, properties, functions and Praman of Rakta Dhatu. Panchabhautikatva of Rakta Dhatu, physiology of Raktavaha Srotas, formation of Raktadhatu, Ranjana of Rasa by Ranjaka Pitta, features of Shuddha Rakta, specific functions of Rakta, characteristics of Raktasara Purusha, manifestations of Kshaya and Vriddhi	3





	of Raktadhatu, mutual interdependence of Rakta and Pitta.	
21	<b>Mamsa Dhatu:</b> Etymology, derivation, synonyms, location, properties and functions of Mamsa Dhatu, physiology of Mamsavaha Srotas, formation of Mamsa Dhatu, characteristics of Mamsasara Purusha, manifestations of Kshaya and Vriddhi of Mamsa Dhatu, Concept of Peshi.	2
22	<b>Meda Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Meda Dhatu, physiology of Medovaha Srotas, formation of Medo Dhatu, characteristics of Medasara Purusha and manifestations of Kshaya and Vriddhi of Meda.	3
23	<b>Asthi Dhatu:</b> Etymology, derivation, synonyms, location, properties, functions of Asthi Dhatu. Number of Asthi. Physiology of Asthivaha Srotas and formation of Asthi Dhatu, characteristics of Asthisara Purusha, mutual interdependence of Vata and Asthi Dhatu, manifestations of Kshaya and Vriddhi of Asthi Dhatu.	2
24	<b>Majja Dhatu :</b> Etymology, derivation, types, location, properties, functions and Praman of Majjaa Dhatu, physiology of Majjavaha Srotas, formation of Majja Dhatu, characteristics of Majja Sara Purusha, relation of Kapha, Pitta, Rakta and Majja, manifestations of Kshaya and Vriddhi of Majja Dhatu.	3
25	<b>Shukra Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Shukra Dhatu, physiology of Shukraravaha Srotas and formation of Shukra Dhatu. Features of Shuddha Shukra, characteristics of Shukra-Sara Purusha, manifestations of Kshaya and Vriddhi of Shukra Dhatu.	3
26	<b>Concept of Ashraya-Ashrayi bhava</b> i.e. inter-relationship among Dosha, Dhatu Mala and Srotas. Applied physiology of diseases asserting saptadhatu enlisted under dhatu pradoshaj vikar.	1
27	<b>Ojas:</b> Etymological derivation, definition, formation, location, properties, Praman, classification and functions of Ojas. Description of Vyadhikshamatva. Bala Vriddhikara Bhava. Classification of Bala. Etiological factors and manifestations of Ojavisrams, Vyapat and Kshaya.	3
28	<b>Upadhatu:</b> General introduction, etymological derivation and definition of the term Upadhatu. Formation, nourishment, properties, location and functions of each Upadhatu. <b>Stanya:</b> Characteristic features and methods of assessing Shuddha and Dushita Stanya, manifestations of Vriddhi and Kshaya of Stanya. <b>Artava:</b> Characteristic features of Shuddha and Dushita Artava. Differences between Raja and Artava, physiology of Artavavaha Srotas. <b>Tvak:</b> classification, thickness of layer and functions.	6
29	<b>Mala:</b> Etymological derivation and definition of the term Mala. Aharamala:	





	Enumeration and description of the process of formation of Aharamala. <b>Purisha:</b> Etymological derivation, definition, formation, properties, quantity and functions of Purisha. Physiology of Purishavaha Srotas, manifestations of Vriddhi and Kshhaya of Purisha. <b>Mutra:</b> Etymological derivation, definition, formation, properties, quantity and functions of Mutra. Physiology of Mutravaha Srotas, physiology of urine formation in Ayurveda, manifestations of Vriddhi and Kshhaya of Mutra. <b>Sveda:</b> Etymological derivation, definition, formation and functions of Sveda. Manifestations of Vriddhi and Kshhaya of Sveda. Description of Svedvaha Srotas <b>Dhatumala:</b> Brief description of each type of Dhatumala.	6
30	<b>Indriya vidnyan:</b> Physiological description of Panchagyaanendriya and physiology of perception of Shabda, Sparsha, Rupa, Rasa and Gandha. Physiological description of Karmendriya.	1
31	<b>Manas:</b> Properties, functions and objects of Manas. Physiology of Manovaha Srotas.	2
32	<b>Atma:</b> Properties of Atma. difference between Paramatma and Jivatma; Characteristic features of existence of Atma in living body.	2
33	<b>Nidra &amp; Swapna:</b> Nidrotipatti, types of Nidra, physiological and clinical significance of Nidra; Svapnotipatti and types of Svapna.	2
34	<b>Haemopoietic system:</b> composition, functions of blood and blood cells, Haemopoiesis (stages and development of RBCs, and WBCs and platelets), composition and functions of bone marrow, structure, types and functions of haemoglobin, mechanism of blood clotting, anticoagulants, physiological basis of blood groups, plasma proteins, introduction to anaemia and jaundice.	5
35	<b>Immunity:</b> classification of immunity: Innate, acquired and artificial. Different mechanisms involved in immunity: Humoral (B-cell mediated) and T-Cell mediated immunity. Hypersensitivity.	2
36	<b>Physiology of cardio-vascular system:</b> Functional anatomy of cardiovascular system. Cardiac cycle. Heart sounds. Regulation of cardiac output and venous return. Physiological basis of ECG. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control.	5
37	<b>Muscle physiology:</b> comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction.	2
38	<b>Adipose tissue:</b> lipoproteins like VLDL, LDL and HDL triglycerides. Functions of skin, sweat glands and sebaceous glands.	2





39	<b>Physiology of male and female reproductive systems:</b> Description of ovulation, spermatogenesis, oogenesis, menstrual cycle.	5
40	<b>Physiology of Excretion:</b> functional anatomy of urinary tract, functions of kidney. Mechanism of formation of urine, control of micturition. Formation of faeces and mechanism of defecation.	4
41	<b>Special Senses, Sleep and Dreams:</b> Physiology of special senses. physiology of sleep and dreams	5

Course Outcome:

CO No	Course learning Outcomes (CO) AyUG KS At the end of the course AyUG-KS, the student should be able to-
CO 1	Explain all basic principles & concepts of Kriya Sharir along with essentials of contemporary human physiology and biochemistry related to all organ systems.
CO 2	Demonstrate and communicate normal and abnormal variables pertaining to Kriya Sharir such as Sara, Agni, Koshtha, Srotas etc.
CO 3	Differentiate between Prakriti and Vikriti in the individuals after carrying out relevant clinical examinations.
CO 4	Carry out clinical examination and experiments using equipments with interpretation of their results
CO 5	Differentiate the strengths & limitations of Ayurved and contemporary sciences
CO 6	Present a short project work / research activity covering the role of Kriya Sharir in preventive and promotive healthcare.
CO 7	Show a sense of curiosity and questioning attitude towards the life processes and to display compassion and ethical behaviour
CO 8	Effectively communicate verbally and in writing preferably using Ayurvedic terminology along with contemporary terminology among peers, teachers and community







Mapping of Course Outcomes (COs) with Program Outcomes (POs)

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG KS At the end of the course AyUG-KS, the student should be able to-</b>	<b>B1 Course learning Outcomes matched with program learning outcomes.</b>
CO 1	Explain all basic principles & concepts of Kriya Sharir along with essentials of contemporary human physiology and biochemistry related to all organ systems.	PO1, PO2
CO 2	Demonstrate and communicate normal and abnormal variables pertaining to Kriya Sharir such as Sara, Agni, Koshtha, Srotas etc.	PO2, PO3
CO 3	Differentiate between Prakriti and Vikriti in the individuals after carrying out relevant clinical examinations.	PO1, PO2, PO3, PO5
CO 4	Carry out clinical examination and experiments using equipments with interpretation of their results	PO4
CO 5	Differentiate the strengths & limitations of Ayurved and contemporary sciences	PO2
CO 6	Present a short project work / research activity covering the role of Kriya Sharir in preventive and promotive healthcare.	PO5, PO6, PO7, PO8, PO9
CO 7	Show a sense of curiosity and questioning attitude towards the life processes and to display compassion and ethical behaviour	PO2, PO5, PO6, PO7, PO9







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CO 8	Effectively communicate verbally and in writing preferably using Ayurvedic terminology along with contemporary terminology among peers, teachers and community	PO8, PO9
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## AyUG-SN & AI

### SANSKRIT AND HISTORY OF AYURVEDA

#### Course Objectives:

- Language listening, reading writing and speaking are four pillars of Sanskrit.
- Reading writing and understanding samhitas will be emphasized in Sanskrit.
- And speaking can give confidence to the student and enhance the study.
- History of Ayurveda As an Ancient science, it's gradual development.

S. NO	Topics	Lecture Hours
1	संस्कृत-वर्णानाम् परचयः – माहर्षे रसूतान्, उच्चारणस्थानान्न, बाह्यप्रत्ययान्न, अभ्यन्तर प्रत्ययान्न	3
2	संज्ञा- 2.1 - सयोगः, संहता, हस्त्रदीर्घलुतः, अनुनासिकः, पदमध्यातुः, उपसर्गः, गणुः, रश्मिः [नस्त्रेण पाठनम् - Detailed teaching] 2.2 - इत्, लोपः, प्लुताहारः, उदात्तः, अनुदात्तः, स्वरसतः, स्रग्णः, ननपातः, एगहृ म् [संज्ञापर्य पाठनम् – Brief teaching]	05
3	उपसर्गाः-उपसर्गाः निययोगे ए, परा, अप, सम्, अनु, अर्, नसर्, ननर्, दसु, २, दसु, २, नर्, आङ्, नन, अनप, अनध, अनत, सु, उत्, अनभ, एत, पर, उप	02
4	अव्ययान्न 4.1 - च अनप खलु नह तु नकल ननु र्ना च एर् 4.2- पद्मः नन्ना उच्चैः ऋते एर्म् सह सार्धम् युगपत् यथा -तथा यार्त्त तार्त्त इत यदा-तदा यनद-तनह साकम् न कु	02



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	<p>कनत कुतः नकमथम् नकयत् इहअ तत्र सर्अ अन्य</p> <p>कुत एकसदा अन्यथा एकथा</p> <p>[नरुतरणेण पाठनम् - detailed teaching]</p> <p>A) Identify अव्ययानन</p> <p>B) Explain the meaning with reference to the context</p> <p>C) Construct the sentences using अव्ययानन</p>	
5	<p>कारकपूकरणम् -</p> <p>कतकृ ारकम् , कमकारकम् , करणकारकम् , सम्पादानकारकम् अपादान</p> <p>कारकम् अन्धकरणकारकम् , सम्बन्धः, उपपदनर्भन्तः</p> <p>सर् सनहतपाठन पर परीक्षायीया सर् व्याख्याननद प्रश्ननन न पृष्टयानन ।</p> <p>A) Discriminate the नर्भन्ति and their meaning.</p> <p>B) Identify the karakas from Ayurveda texts like करणम्कारणम्</p> <p>C) Construct sentences</p> <p>D) Translate sentences from English to Sanskrit &amp; from Sanskrit to English.</p>	I- 05
6	<p>सनन्धः</p> <p>6.1 - अच् सनन्धः/सर्सनन्धः - यण् सनन्ध -इको यणनच, गुण</p> <p>सनन्धः=आणकु : र्भृ सनन्धः-र्भृ रेच, अयर्ायार्</p> <p>सनन्धः - एचोऽयर्ायर्/रन्तो नय</p>	10
7	<p>समास</p> <p>7.1 - अव्ययीभासमासः - 7.1.1 - अव्ययम्</p> <p>नर्भन्ति समीपसमृ व्वयथभाभार्तात्यसम्पतशब्दपादभु</p> <p>भाभार्पयथानुपवू ययोगप</p> <p>दसदाव्यसम्पनिसाकल्यान्तरचनेषु । 7.1.2. - प्रथमा ननदए म्</p> <p>उपसन्निमः/</p> <p>उपसन्नि परू म् /नाव्ययीभाभार्तादतो/ म् त्रपञ्चम्याः/ तहृ</p> <p>यीयासम्पयोर् बहुलम्/ अव्ययीभाभार् चाकाले ।</p> <p>7.2. - तत्पङ्क्तु ष समासः - नवतीया न्तितातीतपनतगततात्यस्तप्राप्तपन्नैः, तहृ</p>	





	<p>ीया तत्कृताथेन गुणरचनेन, कतकृ णे कृता बहुलम् चतुथी तदथायथय बनलनहतसखु सन्तैः, पञ्चमीभयेन, षष्ठी, सप्तमीशौण्ठैः, नर्शेषणनर्शेष्येणबहुलम् उपमानानन सामान्यरचनैः, नञ् कमयधारय, नवगः, उपपद तत्पुरुष 7.3 - बहुव्रीह समासः - अनेकमन्यपदाथे 7.4 - वन्तसमासः - चाथे वन्तः सर्व संहतपाठन पर परीक्षायाम् व्याख्यानानाद प्रश्नानन न प्रष्टव्यानन ।</p>	
8	<p>शब्दरूपानण 8.1 - पदुलङ्गः शब्दरूपानण अकारान्तः - र्त्त, र्त्त, रुण, राम आनद इकारान्तः - अनगन्, मन् न आनद उकारान्तः - ऋतु, भानु गुरु आनदऋकारान्तः - न्, धातु, नपतु आनद ओकारान्तः - गो आनद नकारान्त - श्लोमन्, रोनगन्, ताननन् आनद सकारान्त - चन्मसन् आनद तकारान्त - मरुत् आनददकारान्त - स्तु द् आनद िकारान्त - नभश्चिन् आनद शकारान्तः - कीदृश् एतादृश् आनद 8.2 - स्त्रीनलङ्गः शब्दरूपानण आकारान्तः - बला, कला, नस्थरा, माला आनद इकारान्तः - सम्पानन्, प्रकृत, मनत आनद ईकारान्तः - धमनी,</p>	





	<p>नदी आनद उकारान्तः - रज्िु धेनु आनद ऊकारान्तः - र्षाभू र्धू आनद ऋकारान्तः - मातृ आनद चकारान्तः - र्ाच् आनद तकारान्तः - योषत्, सरत् आनद दकारान्तः - पररषद् आनद िकारान्तः - स्रिि आनद सकारान्तः - ििलोकस् ससु नस् आनद षकारान्तः - णार्ष् ि आनद</p> <p><b>8.3 – नपसु कलङ्ग शब्दरूपानण</b> अकारान्तः - नपि, न आनद उकारान्तः - अििु मधु आनद इकारान्तः - अनि, अनस्थ, रार, दनध आनद ऋकारान्तः - नातृ धातृ आनद नकारान्तः - र्त्तमन् दण्िन् आनद सकारान्तः - स्रोतस् मनस् आनद षकारान्तः - सनपष् आयुष् आनद तकारान्तः - शक् तर् ििगत आनद अङ्गहृदयसहतायाम् नर्द्यमानानाम् अन्यानामप समाननामरूपाणाम् परचयकरणम् अन्नभक्षणायाम् । पशुपत्रे न पशुव्यम् ।</p> <p><b>8.4 - सर्कामपदानन – अस्मद् युष्मद् तद्</b> एतद् यद् नकम् इदम् आनद</p>	
9	<p>धातुरुपानण – [नर्स्तर्रेण पाठनम् detailed teaching] <b>9.1 - परस्मैपद - लट्/लृट्/लङ्/नर्धनलङ्/लोट्</b> भानद गण - भू स्रिायाम् नि ििये, गमहृ(गम) गतौ, पा पाने, िीर् पच् त्यिि दृश् (पश्तय)</p>	05







	<p>अद्वानद गण - अद्वर्भाणि, हन् नमसागतयोः, र्ना गनतगन्धनयोः पा र्णि, अस्र्</p> <p>स्र्प् स्र्प् स्र्प्</p> <p>िहो ोतयानद गण- धा धारणपोषणयोः, पृ - पलनपरू णयोः, हा त्थागे, दा (दाज) नदरानद गण- नदरु िीिदौ, रसी उवेगे, पष्पु पष्पु ौ,</p> <p>कुपृ नशर् तृषर् ननहर् िर् स्रानद गण- नचज् चयने, शक्,</p> <p>िु</p> <p>तुद्वानद गण- तुद्व व्यथने, कृषर् नल्लेखने, नलख् लेखने, नदशर् कृत्त,</p> <p>नर्िप् स्र्पशु</p>	
10	<p>प्रत्ययाः</p> <p>10.1 - ऋि - ऋिर्त्त तव्यत् - अनयीयर् शतृ - शानचर्</p> <p>त्युट् - णर्ुल, ऋर् - त्यप् नणनः, ऋिन् तुमबु</p> <p>प्रत्ययाणाम् प्रयोगाः एर् पशु व्याः ।</p> <p>10.2 - भार् र्ज् करणे र्ज् भार् ण्यज् कमयण ण्यत्, कियर अच्</p> <p>अप् आयुर्देसहताया नर्दमनाना भार्/करणे/कियर/ताच्छील्ये/</p> <p>आनद प्रत्ययानापरचयः करणीयः । पर परीिायाम् न पशु व्याः ।</p> <p>परीिायाम् र्चय प्रयोगः स्र्पे पशु व्याः ।</p>	05
11	नर्शेषण नर्शेष्य	02
12	ननरुनर्ि तथा पयाय पदानन-	07
13	परभाषापदानन -	10
14	अनर्यलेखनम् -	20
15	पञ्चतन्त्र-अपरीनर्ितकारकम्	03
16	Derivation (Vyutpatti and Nirukti) and definition of Itihasa. Necessity, Significance and Utility of knowledge of Ayurveda itihasa. Means and method of study of Ayurveda itihasa. Different	1





	Time periods relevant for the Study of Ayurveda itihasa (viz, Prevedic, Vedic, Samhita kala, Sangraha kala etc.)	
17	Origin and lineage of Ayurveda (Ayurvedavatarana) and Introduction of references of Ayurveda in Veda, Upanishat and Puarana.	1
18	Structure, Specialities, Time period of Ayurveda Samhitas and their commentaries (including Special contributions of authors and commentators): Charaka Samhita, Sushruta Samhita, AshtangaSangraha, Ashtanga Hridaya, Bhela Samhita, Hareeta Samhita, Kashyapa Samhita.	2
19	Structure, Contributions and importance of Laghutrayee and Commentaries: Madhava Nidana, Sharngadhara Samhita, Bhavaprakasha.	1
20	Origin and period of different systems of medicine in the world.	1
21	Introduction to Vrukshayurveda, Hastayurveda and Ashwayurveda. (Included in Transitional Curriculum)	1
22	Status of Ayurveda during the period of Ashoka, Mughal and Britishrule.	1
23	Contribution of Scholars of modern era: Acharya Gana Nath Sen, Vaidya Yamini Bhushan Rai, Vaidya Shankar Dajishastri Pade, Acharya Swami Lakshmiram, Acharya Yadavji Tikramji, Dr. PM.Mehta, Vaidya B G Ghanekar, Vaidya Damodar Sharma Gaur, Acharya Priyavrat Sharma, Vaidya C Dwarakanath, Vaidya K R Shrikantamurthy, Vaidya VJ Thakkar, Vaidyaratnam PS Varier, Vaidya B V Gokhale.	1
24	Globalization of Ayurveda	1
25	1)Developmental activities in Ayurveda in the post-independenceperiod: <ul style="list-style-type: none"><li>• Introduction to various committees and their recommendations</li><li>• Introduction of activities of the following Organizations :Department of AYUSH, CCIM/ NCISM, CCRAS,</li></ul> 2) National institutions Viz- All India Institute of Ayurved (AIIA), National Institute of Ayurveda, Jaipur. ITRA, Jamnagar. Faculty of Ayurveda, BHU, Varanasi. Rashtriya Ayurveda Vidyapeetha, NewDelhi.	1

Course outcome:

CO No	<b>Course learning Outcome (CO) AyUG SN &amp; AI</b> <b>At the end of the course AyUG SN &amp; AI, the student should be able to-</b>
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CO1	Read and recite Prose (गद्यः) and poem (पद्यः) with the appropriate accent (उच्चारणस्थानानां तथा बाह्यभ्यन्तरप्रत्ययानां). उच्चारणस्थानानां बाह्यभ्यन्तरप्रत्ययानां च सहाय्येन पाठने तथा लेखने सामर्थ्यम् ।
CO 2	Apply various Technical Terms in Ayurveda (पररभाषाशब्दाः), Nouns & Pronouns (नामरूपाणां तथा सर्वनामरूपाणां), Verbs (धातुरूपाणां), suffixes (प्रत्ययाः), Grammatical Terms (संज्ञाः), Syntax (संधी) and Compounds (समासाः) from Sanskrit Grammar for enhanced interpretation of Ayurveda texts (आयुर्वेद संहिताः). पररभाषाशब्देषु नामरूपेषु सर्वनामरूपेषु वचनपदेषु प्रत्ययेषु संज्ञासु सन्धिषु समासेषु च ज्ञानतद्वत् आर्यायुर्वेदे संहितासु अथार्थ बोधनम् । प्रयोगविवरणम् ।
CO 3	Discriminate and interpret the Cases & meanings (संज्ञासंज्ञार्थ) used in various verses of Ayurveda texts (आयुर्वेद संहिताः). कारकसंज्ञार्थानां दृष्ट्वा परस्मान्तथा आयुर्वेदे संहितासु तेषां प्रयोगपरचयम् ।
CO 4	Formulate the Prose order (अन्वयः) of Slokas/Sutras in Ayurveda Textbooks (संहिताः) to derive the meaning (व्याख्या), to determine the Scientific Meaning (शास्त्रार्थ) and to Translate (Regional or other language). अन्वयलेखने व्याख्यायार्थ बोधने शास्त्रार्थ बोधने च सामर्थ्यं अनर्गलप्राप्तम् ।
CO 5	Interpret the Synonyms (पर्यायार्थ) and Derivations (विवरणम्) of Ayurveda Terms using samskrita dictionaries (संस्कृत शब्दकोश). कोशग्रन्थानां सहाय्येन आयुर्वेदे वर्तमानानां पदानां तेषां पर्यायानाञ्च विवरणम् । विवरणम् ।
CO 6	Speak, Write and Summarize and Express in Sanskrit (संस्कृतम्). संस्कृतभाषायां भाषणे लेखने सूत्ररूपेण लेखने अथवा प्रकाशने च सामर्थ्यम् ।
CO 7	Develop the ethical responsibility towards the profession, society and human being. सामाजिक- औद्योगिक-मानविक धर्मबोधना



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CO No	Course learning Outcome (CO) AyUG SN & AI At the end of the course AyUG SN & AI, the student should be able to-	Course learning outcomes matched with program learning outcomes.
<b>Sanskrit</b>		
<b>CO1</b>	Read and recite Prose (गद्यः) and poem (पद्यः) with the appropriate accent (उच्चारणस्थानानन तथा बाह्यभ्यन्तरप्रत्यन्तानन). उच्चारणस्थानानना बाह्यभ्यन्तरप्रत्यन्तानना च सहाय्येन पाठने तथा लेखने सामर्थ्यम् ।	PO-5, PO-6, PO-7, PO-8, PO-9
<b>CO 2</b>	Apply various Technical Terms in Ayurveda (पररभाषाशब्दाः), Nouns & Pronouns (नामरूपाण तथा सर्वनामरूपाण), Verbs (धातुरूपाण), suffixes (प्रत्ययाः), Grammatical Terms (शास्त्रा), Syntax (संधी) and Compounds (समासाः) from Sanskrit Grammar for enhanced interpretation of Ayurveda texts (आयुर्वेद संहिताः). परभाषाशब्देषु नामरूपेषु सर्वनामरूपेषु धातुरूपादेषु प्रत्ययेषु शास्त्रासु सन्धिषु समासेषु च ज्ञानतद्वत् काराआयुर्वेदे संहितासु अथार बोधनम् । प्रयोगवर्णनञ्च ।	PO-5, PO-7, PO-9
<b>CO 3</b>	Discriminate and interpret the Cases & meanings (संज्ञासंज्ञयथ) used in various verses of Ayurveda texts (आयुर्वेद संहिता). कारकसंज्ञयथान्तरं दृष्ट्वा परज्ञानतथा आयुर्वेदे संहितासु तेषां प्रयोगपरचयञ्च ।	PO-5, PO-7, PO-9





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CO 4	Formulate the Prose order (अन्वयः) of Slokas/Sutras in Ayurveda Textbooks (संहिता) to derive the meaning (रचायार्थ), to determine the Scientific Meaning (शास्त्रार्थ) and to Translate (Regional or other language). अन्यलेखने रचायार्थ बोधने शास्त्रार्थ बोधने च सामर्थ्यं अनर्ु ादनपाठार्च्य	PO-5, PO-6, PO-7, PO-8, PO-9
CO 5	Interpret the Synonyms (पयायाः) and Derivations (नरुत्तिः) of Ayurveda Terms using samskrita dictionaries (संस्कृत शब्दकोश). कोशग्रन्थाना सहाय्येन आयर्ु ेदे नरुत्तमानाना पदाना तेषा पयायानाञ्च नरुत्तिपरू क परमान तेषा प्रयोगे परचयञ्च	PO-5, PO-7, PO-9
CO 6	Speak, Write and Summarize and Express in Samskrit (संस्कृतम्) . संस्कृतभाषाया भाषणे लेखने संस्कृतप्य लेखने अथप्रकाशने च सामर्थ्यम्	PO-5, PO-6, PO-7, PO-8, PO-9
CO 7	Develop the ethical responsibility towards the profession, society and human being. सामाजिक- औद्योगिक-मानुषिक धर्मबोधता	PO-6 & PO-8
<b>Ayurved Itihas</b>		
CO 8	Analyse and explain the important milestones in the history of Ayurveda	PO-1
CO 9	Appreciate the status of Ayurveda in different time periods and Contributions made by different Acharyas to Ayurveda.	PO-1



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## AyUG-AT

### Agad Tantra evam Vidhi Vaidyaka

#### Course Objectives:

- a) Enables the student to differentiate Venomous and non-venomous snakes.
- b) Enables the students to diagnose venomous conditions, assess the prognosis, treatment and referrals to higher center.
- c) Enables the student to understand the current significance of Agadatantra in present era and significance of dusivisha, garavisha, Environmental toxicity etc.
- d) Enables the student to understand Medico legal aspects aiding in medical practice
- e) Enables the student to maintain Good Patient Doctor Relation, follow Medical Ethics, Rules & Regulations pertaining to Medical practice.



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S. NO	Topics	Lecture Hours
1	<b>Concepts of Agada Tantra (Clinical Toxicology)</b> 1.1 Agada Tantra and Clinical Toxicology. 1.2 Scope of Agada Tantra. 1.3 Definition of visha and poison, synonyms, visha guna,difference between visha, madya and oja guna, visha gati,classification of visha and poison, sthavara and jangama visha adhishtana. 1.4 Difference between poison, venom and toxin. 1.5 Routes of administration of poison. 1.6 Mode of action of visha (visha gunanusara karma) andpoison (Introduction to toxicokinetics) 1.7 Factors modifying the action of poison. 1.8 Visha vardhaka bhava and visha sankata 1.9 Vishavega, vegantara and sthavara visha veganusaralakshana and chikitsa. 1.10 Visha peeta and vishamukta lakshana.	8
2	<b>Visha Chikitsa (Management of Poisoning)</b> 2.1. Diagnosis of poisoning in living & dead 2.2. Chaturvimshati upakrama. 2.3. General principles of management of poisoning. 2.4. Duties of medical officer in case of suspectedpoisoning.	5
3	<b>Vishakta aahara pariksha and Viruddha ahara</b> 3.1. Sources of exposure of visha with contemporaryrelevance. 3.2. Vishakta aahara pariksha. 3.3. Adulteration and tests for its detection. 3.4. Techniques used in the detection of poisons. 3.5. Viruddha-ahara with contemporary relevance. 3.6. Food poisoning and amavisha.	3
4	<b>Garavisha and Dooshivisha</b> 4.1. Garavisha 4.2. Dooshivisha 4.3. Contemporary aspects of garavisha and dooshivisha.	7





	4.4. Role of garavisha and dooshivisha in the manifestation of diseases 4.5. Research updates in garavisha and dooshivisha	
5	<b>Visha Upadrava and diseases caused due to exposure to Visha/poisons</b> 5.1 Visha upadrava 5.2 Drug-induced toxicity 5.3 Occupational hazards. 5.4 Allergic manifestations Endocrine disrupters	4
6	<b>Environmental Toxicology</b>  6.1 Vishakta vayu, jala and bhumi (air, water and land pollution) 6.2 Effect of biological, chemical and nuclear warfare. 6.3 Ecotoxicology & biomagnification. 6.4 Toxicovigilance.	2
7	<b>Dermatological manifestations of visha/poisons.</b> 7.1. Contact dermatitis and its management. 7.2. Signs and symptoms and management of abhyanga visha, lepa visha, vastra visha, paduka visha, abharana visha etc. with contemporary relevance. 7.3. Signs and symptoms and management of dermatological manifestations due to cosmetics, chemicals, occupational and other allergens. 7.4. Dermatological manifestation due to dooshivisha and garavisha. 7.5. Dermatological manifestation due to bites and stings.	6
8	<b>Therapeutic utility of Agada yoga</b>  8.1 Dooshivishari agada 8.2 Bilwadi agada 8.3 Dashanga agada 8.4 Murvadi agada 8.5 Panchashirisha agada 8.6 Vishaghna mahakashaya (Charaka Samhita)	1





	8.7 Ekasara gana (Sushruta Samhita)	
9	<b>Sthavara visha – Poisons of Plant origin</b> 9.1. Cardiac Poisons - Vatsanabha, Karaveera, Digitalis, Tobacco and Cerbera odollam. 9.2. Neurotoxic Poisons- Kupeelu, Ahiphena, Dhattura, Bhanga. Irritant Poisons - Jayapala, Gunja, Bhallataka, Arka, Snuhi, Langali.	4
10	<b>Sthavara Visha – Poisons of Metallic origin</b> 10.1. Arsenic. 10.2. Mercury. 10.3. Lead. 10.4. Copper	4
11	<b>Jangama Visha</b>  11.1. Sarpa visha 11.2. Loota visha 11.3. Vrischika visha 11.4. Mushika visha and its contemporary relevance. 11.5. Alarka visha and its contemporary relevance. 11.6. Keeta visha 11.7. Vector borne diseases.	10
12	<b>Kritrima visha</b>  12.1. Inorganic Acids – Sulphuric acid, Hydrochloric acid, Nitric acid. 12.2. Organic Acids - Oxalic acid, Carbolic acid, Formic acid. 12.3. Alkalies - Potassium hydroxide and Sodium hydroxide. 12.4. Asphyxiants – Carbon monoxide, Carbon dioxide. 12.5. Non-metallic poisons – Phosphorous, cyanide 12.6. Hydrocarbons – Kerosene. 12.7. Agrochemical Poisoning – Organo-phosphorus compounds, Carbamates, Organo-chlorine compounds, Aluminium phosphide. 12.8. Household poisons.	2
13	<b>Substances of abuse</b>	4





	13.1. Madya and madatyaya, Alcoholism. 13.2. Addiction - Alcohol, Bhang, Opioids, Tobacco and Digital addiction. 13.3. Drugs of abuse- Lysergic acid diethylamide (LSD) and 3,4-Methylenedioxy methamphetamine (MDMA). 13.4. Narcotic Drugs and Psychotropic Substances (NDPS) Act.	
<b>14</b>	<b>Agada Tantra perspectives on cancer</b> 14.1. Toxic carcinogens. 14.2. Toxicities due to chemo and radiotherapy and its Ayurvedic approach. 14.3. Agada and visha dravya prayoga in the prevention and management of cancer along with its research updates.	<b>2</b>
<b>15</b>	<b>Forensic medicine (Vyavahara Ayurveda) and Medical jurisprudence (Vidhi vaidyaka):</b>  15.1 Forensic Medicine and Medical Jurisprudence. 15.2 Introduction to Indian Penal Code, Indian Evidence Act and Criminal Procedure Code.	<b>1</b>
<b>16</b>	<b>Vaidya sadvritta : Duties and Responsibilities of medical practitioner</b>  16.1 Vaidya sadvritta, medical ethics and code of conduct, Charaka oath and Hippocratic oath. 16.2 NCISM - constitution, objectives and functions. 16.3 Duties, rights and privileges of a registered medical practitioner. 16.4 Consent, professional secrecy and privileged communication. 16.5 Professional negligence, professional misconduct and unethical practices. 16.6 Defenses in medical negligence suits. 16.7 Medical records. 16.8 Consumer Protection Act.	<b>6</b>
<b>17</b>	<b>Legal Procedures</b>	<b>4</b>







	17.1. Courts and their powers 17.2. Inquest, evidence and witnesses 17.3. Court procedures: summons, oath, recording of evidence and conduct money. 17.4. Conduct of a medical professional in the court of law.	
<b>18</b>	<b>Personal identity</b> 18.1. Identification data 18.2. Age 18.3. Race, religion, sex. 18.4. Moles, tattoos, scars, occupational marks & hairs. Hand writing, dactylography, DNA typing and superimposition	2
<b>19</b>	<b>Thanatology</b> 19.1. Death 19.2. Signs of death. 19.3. Medicolegal autopsy and exhumation. 19.4. The Transplantation of Human Organs and Tissues Act (THOTA).	6
<b>20</b>	<b>Asphyxial deaths</b> 20.1. Hanging. 20.2. Strangulation and suffocation 20.3. Drowning.	4
<b>21</b>	<b>Injury</b> 21.1. Basics of injury 21.2. Mechanical injury 21.3. Firearm injury 21.4. Thermal injury 21.5. Dowry death	5
<b>22</b>	<b>Pregnancy, delivery and abortion</b>  22.1 Medico-legal aspects of pregnancy, delivery, infanticide and battered baby syndrome. 22.2 Abortion, Medical Termination of Pregnancy (MTP) Act and Pre-Conception and Pre-Natal Diagnostic Techniques (PCPNDT) Act.	2





	22.3 Medico-legal aspects of artificial insemination and surrogacy.	
<b>23</b>	<b>Sexual offences</b> 23.1. Rape 23.2. Medico-legal aspects of sexual offences 23.3. Protection of Children from Sexual Offences (POCSO) Act	<b>2</b>
<b>24</b>	<b>Forensic psychiatry.</b> 1. Common symptoms associated with psychiatric disorders 2. Lucid interval 3. Civil and criminal responsibilities of a mentally ill person 4. Mental Health Act (MHA)	<b>2</b>
<b>25</b>	<b>Forensic science laboratory</b> 25.1. Hierarchy and major divisions of forensic lab services. 25.2. Newer techniques and recent advances - polygraphy, narcoanalysis, DNA profiling.	<b>1</b>
	<b>Laws, Acts, Rules and Regulations</b> 26.1 Clinical Establishments Act 26.2 State AYUSH registration board rules and regulations. 26.3 Medicare Service Persons and Medicare Service Institutions (Prevention of violence and damage or loss to property) Act, 2008. 26.4 Drugs and Cosmetics Act and Rules – Schedules related to poison. 26.5 The Occupational Safety, Health and Working Conditions Code, 2020 26.6 Employees State Insurance Act, 1948. 26.7 Rights of Person with Disability Act, 2016.	<b>3</b>

**Reference Books:**

S.No	Book	Resources
1	Concise Forensic Medicine & Toxicology	KS Narayana Reddy, Jaypee Medical Publisher





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2	Essentials of Forensic Medicine & Toxicology	<b>K S Narayana Reddy, Jaypee Medical Publisher</b>
3	Principles of Forensic Medicine & Toxicology	<b>Rajesh Bardale, Jaypee Medical Publisher</b>
4	Modern Medical Toxicology	VV Pillay, Jaypee Medical Publisher
5	Recent Advances in Forensic Medicine and Toxicology (Volume 1 & 2)	Gautam Biswas, Jaypee Medical Publisher
6	Textbook on Medicolegal Issues: Related to Various Medical Specialties by Satish Tiwari Mahesh Baldwa Mukul Tiwari Alka Kuthe	Jaypee Medical Publisher
7	Manual on Doctor and Law	RN Goel Narendra, Malhotra Shashi Goel, Jaypee Medical Publisher
8	Jaypee's Video Atlas of Medicolegal Autopsy	Sujith Sreenivas C Prasannan K Thomas Mathew, Jaypee Medical Publisher
9	Jaypee Gold Standard Mini Atlas Series Forensic Medicine by Ashesh Gunwantrao Wankhede	Jaypee Medical Publisher
10	MODI's Textbook of Medical Jurisprudence and Toxicology	K Kannan, Jaypee Medical Publisher
11	A Text book of Agada Tantra	Dr Shobha Bhat, Chaukamba Orientalia
12	Agada Tantra	Dr Ramesh Chandra Tiwari, Chaukamba Orientalia
13	Text Book of Agad Tantra Evam Vyavahar ayurveda	Dr Sandeep Charak Dr. Piyush Gupta Dr Divya Tiwari, Ayurveda Sanskrit Hindi Pustak Bhandar.
14	Ayodhyaprasad Achal's Agada Tantra	Dr Jina Patnaik, Chaukamba Surbharati Prakashan
15	Illustrated Agada Tantra	Dr PVNR Prasad, Chaukamba Sanskrit Series Varanasi



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16	Textbook on Agada Tantra	<u>DR V P JOGLEKAR, RASHTRIYA SHIKSHAN MANDAL, PUNE</u>
17	Review of Forensic Medicine and Toxicology by Dr Gautam Biswas	Jaypee Medical Publisher
18	Toxicology - An Ayurvedic Perspective	Department of Agadtantra, Vaidyaratnam PS Varier Ayurveda College, Kottakkal

**Course Outcome:**

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-AT At the end of the course AyUG-AT, the students should be able to-</b>
CO1	Demonstrate application of fundamental concepts of Agada Tantra, Vyavahara Ayurveda and Vidhi vaidyaka in real life situations.
CO2	Diagnose and manage acute and chronic poisoning due to Sthavara, Jangama and Kritrima visha along with their contemporary relevance.
CO3	Demonstrate application of concepts of Dushivisha, Garavisha and Viruddha ahara in prevention, diagnosis and management of diseases.
CO4	Demonstrate application of principles of Agada Tantra and therapeutic administration of common Agada yoga and Visha dravya in Clinical practice.
CO5	Appreciate research updates in relevance to Agada Tantra and apply for healthcare promotion and social awareness.
CO6	Demonstrate application of professional skills of Forensic Medicine in handling medico legal issues.
CO7	Demonstrate professional and ethical behavior in discharging the medico-legal duties and responsibilities in abidance to the law.





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**Mapping Course and Programme Outcome:**

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-AT At the end of the course AyUG-AT, the students should be able to-</b>	<b>B1 Course learning Outcomes matched with program learning outcomes.</b>
CO1	Demonstrate application of fundamental concepts of Agada Tantra, Vyavahara Ayurveda and Vidhi vaidyaka in real life situations.	PO1,PO2
CO2	Diagnose and manage acute and chronic poisoning due to Sthavara, Jangama and Kritima visha along with their contemporary relevance.	PO1,PO2,PO3,PO4, PO5
CO3	Demonstrate application of concepts of Dushivisha, Garavisha and Viruddha ahara in prevention, diagnosis and management of diseases.	PO1,PO2,PO3,PO4, PO5
CO4	Demonstrate application of principles of Agada Tantra and therapeutic administration of common Agada yoga and Visha dravya in Clinical practice.	PO2,PO3,PO4,PO5, PO9
CO5	Appreciate research updates in relevance to Agada Tantra and apply for healthcare promotion and social awareness.	PO6,PO7,PO8,PO9
CO6	Demonstrate application of professional skills of Forensic Medicine in handling medico legal issues.	PO2,PO3,PO6
CO7	Demonstrate professional and ethical behavior in discharging the medico-legal duties and responsibilities in abidance to the law.	PO5,PO6,PO8,PO9



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## AyUG-DG

# Dravyaguna Vigyan

### Course Objectives:

- (a) To enable the students to understand the basic concept of Dravya Guna Shastra
- (b) To familiarise the students with the medicinal plants
- (c) Identification and differentiation of animal origin Dravya
- (d) Knowledge of Collection, storage, preservation, Cultivation and Propagation of Medicinal Plants.

S. NO	Topics	Lecture Hours
1	Dravyaguna Vigyana	1
2	Dravya Panchabhoutikatva of Dravya Classification of Dravya based on Utpattibheda, Yonibheda, Prayogabheda, Prabhavbheda, Doshaghnabheda, Rasabheda and Karmabheda	5
3	Guna Panchabhoutikatva, characteristics and classification Gurvadiguna and its karma on Dosha, Dhātu and Mala, clinical application and research updates Paradiguna with examples, clinical applications and research updates	4
4	Rasa  4.1 Meaning of “Rasa” in various contexts 4.2 Shadrasa in relative correlation with taste of chemical constituents 4.3 Rasotpatti and Panchabhoutika constitution of Shadrasa 4.4 Rasopalabdhi and pathway of taste perception & sites of taste	7



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	receptors in the body 4.5 Rasa -Lakshana, Guna & Karmas of each Rasaon Dosha, Dhatu and Mala 4.6 Atiyogalakshana, 4.7 Clinical application and Research updates of Shadrasa 4.8 Anurasa Rasa Sevanakrama of Aushadha	
5	Vipaka  5.1 Trividha Vipaka 5.2 Vipak karma on Dosha, Dhatu and Mala 5.3 Clinical application and Research updates Vipakopalabdhi (Determination of Vipaka) & Taratamya (Degree of variation)	3
6	Virya  6.1 Difference between Guna and Virya 6.2 Karmas of Virya on Dosha, Dhatu and Mala 6.3 Clinical application and Research updates 6.4 Viryaopalabdhi (Determination of Virya) and understanding of Virya with respect to actions of active constituents	2
7	Prabhava  7.1 Samanapratyayarabdha and Vichitrapratyayarabdha 7.2 Clinical application of Prabhava and Research updates	2
8	Interrelation of Rasa-Guna-Virya-Vipaka-Prabhava  Interrelation of Rasa-Guna-Virya-Vipaka-Prabhava with respect to their strength- Pharmacodynamics	1
9	Karma	9





	Deepana, Pachana, Samshodhana, Samshamana, Anulomana, Sransana, Bhedana, Rechana, Chhedana, Lekhana, Grahi, Sthambhana, Madakari, Pramathi, Abhishyandi, Vyavayi, Vikashi, Rasayana, Vajeekarana Medhya	
<b>10</b>	Karmas of Dashemani Gana	5
<b>11</b>	Principles of General Pharmacology Drugs Acting on Central Nervous System, Peripheral (somatic) Nervous System: Skeletal Muscle Relaxants, Local Anaesthetics, Autacoids and Related Drugs. Drugs for Respiratory Disorders, Cardiovascular Drugs Drugs Acting on Kidney, Drugs Affecting Blood, Gastrointestinal Drugs Antibacterial Drugs, Antifungal, Antiviral, Antimalarial and Antihelmintic Drugs, Hormones and Related Drugs, Miscellaneous Drugs	15
<b>12</b>	<b>12. Mishraka Gana</b>  12. Mishrakagana: its composition, guna karma and therapeutic uses. 12.1 Brihatpanchamoola. 12.2 Laghupanchamoola. 12.3 Vallipanchamoola. 12.4 Kantakapanchamoola. 12.5 Trinapanchamoola. 12.6 Panchavalka. 12.7 Triphala. 12.8 Trikatu. 12.9 Trimada. 12.10 Chaturusana. 12.11 Panchakola. 12.12 Shadusana	6





	12.13 Chaturbeeja. 12.14 Trijataka. 12.15 Chaturajataka. 12.16 Panchatikta. 12.17 Chaturbhadra. 12.18 Trikarshika.	
13	Nomenclature of dravya as per Nighantu, Vedictaxonomy and Botany	1
14	Prashasta Bhesaja, Bhesaja Pariksha and drugevaluation method with correlation as per Pharmacognosy	1
15	Dravyasangrahana and Drug collection methods asper GFCP (Good Field collection practices)	1
16	GCP (Good cultivation practices), seed bank, conservation of medicinal plants, knowledge about RET(Rear, Endangered & Threatened ) medicinal plants.	1
17	Abhava Pratinidhi Dravya (substitutes)	1
18	Classifications and techniques of aqueous andalcoholic extracts	1
19	Adverse drug reaction and Pharmacovigilance withrecent updates	1
20	NMPB (National Medicinal Plant Board), CCRAS(Central Council of Research in Ayurveda Sciences), API ( Ayurvedic Pharmacopeia of India), GCTM ( Global Centre for Traditional Medicine), PCIMH ( Pharmacopeia Commission of Indian Medicine and Homeopathy	1
21	Vrikshayurveda and Ethno-medicine	1
22	Network pharmacology and Bioinformatics	2
23	. Bhesajavacharaniya (Criteria's to be considered forselection of drugs in vyadhis)	1
24	Dravya (Drug) Nama-Guna-Karma Jnana- Detailed study about different medicinal plants	74

**Reference Books:**

S.No	Book	Resources
1	Dravya Guna Shastram	Vaidya G.A. Phadke, Pradnya Mudranalaya, Vaidya Vamanrao Deenanath Shuddhaayurved Pathyakrama Samitee, Dadabhai Navroji Path, Mumbai





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2	Bhavaprakasha	Sri Brahmasankara Mishra and Sri Rupalalaji vaishya, Chaukhamba Sanskrit Series office, Varanasi,
3	Aushadhi Vigyna Shastra (Ayurvedic Pharmacology)	Sri. Vishvanatha Dwidevi ,Shri Baidyanath Ayurved Bhavan Pvt Ltd; Nagpur
4	Ayurvediya Aushadkarma Vigyana	Acharya V.J. Thakar, Gujarat Ayurveda University, Jamnagar
5	Bhava Prakash Nighantu	Vd. Krishna Chandra Chuneekar Commentary, Chaukhambha Sanskrit Sansthan, Varanasi
6	Classical Uses of Medicinal Plants	Acharya Priyavrata Sharma ,Chaukhamba Visvabharati, Varanasi
7	Some Controversial Drugs in Indian Medicine	Dr. Bapalal, Vaidya,Chaukhambha Orientalia, Varanasi
8	Dravyaguna Kosha	Acharya Priyavrata Sharma, Chaukhambha Orientalia, Delhi
9	Dravyaguna Vigyana (Vol.1-3)	Dr. Gyanendra Pandey, Chaukhambha Krishnadas Academy, Varanasi
10	Dravyaguna Vigyana (Vol. 1-2)	Acharya Yadavji Tikramji,Baidyanath Ayurved Bhavan Ltd
11	Dravyaguna Vigyana (Vol. 1-5)	Acharya Priyavrata Sharma, Chaukhambha Bharti Academy, Varanasi
12	Nighantu Adarsh (Vol. 1-2)	Vd.G.Bapa Lal, Chaukhambha Bharti Academy, Varanasi
13	Ayurvedic Pharmacology & Therapeutic Uses of Medicinal Plants Dravyagunavignyan	Vaidya V M Gogte, Chaukhambha Publications, New Delhi
14	Dravyagunavijnana(Part I and II)	Prof.D.S.Lucas, Chaukhamba Visvabharati, Varanasi
15	Glossary of Vegetable Drugs in Brihatrayi	Thakur Balwant Singh & Vd. Krishna Chandra Chuneekar,Chaukhamba Amarbharti Prakashakan, Varanasi
16	Introduction to Dravyaguna(English)	Acharya Priyavrata Sharma ,Chaukhambha Orientalia, Varanasi



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17	A Text Book of Dravyaguna Vijnana (Vol 1,2 & 3)	Dr. Prakash L.Hegde and Dr. Harini A.,Chaukhambha Publications, New Delhi
18	Raspanchaka	Prof. Shiv Charan Dhyani,Chaukhambha Krishnadas Academy, Varanasi

**Course Outcome:**

CO No	Course learning Outcomes (CO) AyUG-DG At the end of the course AyUG-DG, the students should be able to-
CO1	Demonstrate the application of principles of <i>Dravyaguna</i> in clinical practice.
CO2	Analyze and justify the fundamental principles of <i>Dravyaguna</i> in relevance to contemporary sciences.
CO3	Analyze and interpret <i>Rasa Panchaka</i> of <i>Dravya</i> with their application in clinical practice.
CO4	Interrelate the knowledge on Karma (pharmacological actions) with <i>Rasa panchaka</i> and basic contemporary clinical pharmacology.
CO5	Demonstrate and Justify the ability to select the specific <i>Dravyas</i> , Prashata Bhashaja with different dosage forms in different clinical conditions.
CO6	Demonstrate knowledge of quality control methods of drug.
CO7	Demonstrate knowledge and skills about <i>Apamishrana</i> (adulterants), <i>Abhava pratinidhidravya</i> (substitutes), <i>Prashastabhashaja</i> (ideal drug) and plant extracts.



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CO8	Identify the medicinal plants and orient about conservation, cultivation, sustainable utilization & Pharmacovigilance
CO9	Demonstrate fundamental principles of applied Pharmacology.

### Mapping Course and Project Outcome:

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-DG At the end of the course AyUG-DG, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	Demonstrate the application of principles of <i>Dravyaguna</i> in clinical practice.	PO1,PO2,PO8
CO2	Analyze and justify the fundamental principles of <i>Dravyaguna</i> in relevance to contemporary sciences.	PO1
CO3	Analyze and interpret <i>Rasa Panchaka</i> of <i>Dravya</i> with their application in clinical practice.	PO5,PO9
CO4	Interrelate the knowledge on Karma (pharmacological actions) with <i>Rasa panchaka</i> and basic contemporary clinical pharmacology.	PO2
CO5	Demonstrate and Justify the ability to select the specific <i>Dravyas</i> , Prashata Bhashaja with different dosage forms in different clinical conditions.	PO3,PO7,PO9
CO6	Demonstrate knowledge of quality control methods of drug.	PO3
CO7	Demonstrate knowledge and skills about <i>Apamishrana</i> (adulterants), <i>Abhava pratinidhidravya</i> (substitutes), <i>Prashastabhashaja</i> (ideal drug) and plant extracts.	PO5,PO6



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CO8	Identify the medicinal plants and orient about conservation, cultivation, sustainable utilization & Pharmacovigilance	PO4,PO6
CO9	Demonstrate fundamental principles of applied Pharmacology.	PO2



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## AyUG-RB

### Rasashastra evam Bhaishajyakalpana

#### Course Objectives:

- Acquiring Theoretical and Practical Knowledge about Kalpa mentioned in Classics
- Developing and modifying classical formulations with advanced technologies
- Achieving safety and potency by validating Classical Formulations
- Promoting Scientific Research Methods in Rasa Shastra and Bhaishajya Kalpana.

S. NO	Topics	Lecture Hours
1	<b>Chronological development of Ayurvediya AushadhiNirman</b> Definition, chronological development, significance and scope of Rasashastra and Bhaishajya Kalpana. Concept of Rasashala, Rasa-mandapa and Bhaishajyagara Concept of Rasa-Rasayana Briefing on Indians are first to prepare metal based medicines and Recent development in Ayurvedic Pharmaceuticals.	2
2	<b>Paribhasha ( Terminology</b> Definition and Importance of Paribhasha 2. Word Derivation- Aushadha, Bhaishajya, Kalpana, Kashaya, Pancha kashaya Yoni, Samskara 3. Dravya/Varga Paribhasha- (Classical Names, English names, Chemical Composition/ Formula) A) Rasa, Maharasa, Uparasa, Dhathuvarga, Upadhatu, Ratna, Uparatna, Sudhavarga, Sikatavarga, Lavanavarga, Visha, Upavisha, Kajjali, Mitraphanaka, Dravaka Gana, B) Sandigdha(Contraversial): Vaikranta, Chapala, Rasanjana, Pushpanjana, Vahnijara, Girisindura, Kankushtha. C) Anupalabdha (Not Available): Rasaka, Sauviranjana D) Krutrima (Artificial): Sasyaka, Gandhaka, Kasisa, Rasanjana, Hingula E) Pratinidhi (Substitute) : Vajrabhave Vaikranta, SuvarnaSuvarna Makshika 4. Prakriya Paribhasha- A) Shodhana: Types of Shodhana, Samanya Shodhana, Vishesh Shodhana, Different techniques used for	8



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	Shodhana, Swedana, Mardana, Dhalana, Nirvapa, Nirjaleekarana, Nimajjana, Bhavana, Bharjana B) Marana,: Definition, Importance of Marana, Types of Marana- Agnipaka Method, Putapaka Method, Kupipakwa Method, Bhanupaka Method, Swanga Sheeta C) Amrutikarana, Lohitikarana D) Sattvapatana, Shuddhavarta, Beejavarta E) Druti: Definition, Druti lakshana F) Parada Samskara: Definition, Importance, Ashtasamskara Parada Jaranaa, Murchchhana, Names of Parad-Bandhas 5) Pramanikarana Paribhasha (Terms for Standardization)- A) Grahy-Agrahyattva, Siddhilakshana B) Bhasma pariksha: Varitara, Rekhapurnata, Unama, Slakshnattva, Sukshma, Anjana Sannibha, Dantagre na Kachakacha Bhavati, Varna, Avami, Apunarbhava, Niruttha, Gata Rasattva, Nischandrattva, Niramlattva, Nirdhumattva, Jihvagre adahyamanattva, Dadhi/ Nimbu Pariksha, 6) Puraka Paribhasha (Supplementary)- Rudra Bhaga, Dhanvantari Bhaga 7) Mana-Paribhasha A) Definition, Classical Types B) Classical and Modern- Conversion chart as per AFI, Scientific Metrology C) Essential Kala- mana.	
3	Dravya Sangrha and Samrakshana • Time of drug Collection • General Rules • Specific time for specific plant part collection • Time of the day for drug collection • Collection of Praniya Dravya • Place of Drug collection Bhumi mahabhuta predominance • Places from where drugs should not be collected • Stage of drug collection • Rule of Duplication(Dwiguna Mana Ganana) • Ardra and Shushka Dravya mana • Dravya Sangraha Vidhi and Dravya samrakshana • Rasa, Guna, Virya, Vipaka, Prabhava Anukta Visheshokta grahana: Considering Anukta Dravya Aushadha Namakarana: Naming a Preparation Aushadha Sevana Kala: Time of Drug Administration Saveeryata Avadhi (Shelf life of different kalpana) Aushadha Matra: Dosage / Posology Anupana & Sahapana (Adjuvant) Yougika Dravya Siddhanta (Drug Combination)	4
4	4. Yantropakaranani- I (Equipments and machineries) Principles involved, currently used yantras, their correlation, utility, and Instruments used in Large scale Production Dola Yantra Valuka Yantra Puta Yantra Khalwa Yantra Patana Yantra Darvika Yantra Ulukhala Yantra Patala Yantra Kupi Yantra Arkapatana Yantra Pithara Yantra Sharava Yantra Palika Yantra Sthali Yantra	6



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	Swedana Yantra Vidyadhara Yantra Modern Machinery-Grinder Disintegrator Pulverizer Powder Mixer Mechanical sifter Ball mill Granulator Dryer Tablet compressing machine Pills making machine Coating pan Polishing pan End runner machine Edge runner machine Capsule filling machine Ointment mixer Tube filling machine Sieves & Meshes Liquid filling machine Distillation plant Strip packing machine Pouch filling machine Pyrometer	
5	Yantropakaranani -II (Equipments, fuel and Heating Devices) Principle involved, importance of temperature, currently used heating devices utility, quantum of heat and Instruments used in Large scale Production PutaChandra Puta Surya Puta Maha Puta Gaja Puta Varaha Puta Kukkuta Puta Kapota Puta Lavak Puta Budhar Puta Gorvara Puta Valuka Puta Kumbha / Bhanda Puta Musha Samanya Musha Crucibles- Silica Mudra, Sandhi Bandhan Material KoshthiChullika Angar Koshthi Satwapatan Bhrashtri Gas Stove Hot Plate Heating Mantle Induction Stove Hot Air Oven Muffle Furnace- Horizontal and Vertical Heating MaterialSolid-Kashtha, coal(wooden / stone), Kshara, Lavana, Valuka, Shakrit, Dhanya Drava- Jala/ steam, Taila Indirect heating- Dhanya Rashi, Bhugarbha sthapana	5
6	Kalpana Nirmana I (Primary & Secondary dosage forms) Definition, classification with suitable examples, reference ingredients, quantity, method of preparation, principle involved, instruments used in small and large scale production, siddhi lakshana, storage, shelf life, modern aspect of related preparation of the following Panchavidha Kashya Kalpana (Primary dosage forms): Swarasa, Kalka, Kwatha, Hima, Phanta Upaklpana (Secondary dosage forms): Kalka: Churna Kalpana Kwatha: Pramathya Kalpana, Paniya Kalpana, Ushnodaka, Ksheera Paka Kalpana, Laksha Rasa, Mamsa Rasa Hima Kalpana : Mantha Kalpana, Udaka Kalpana, Panaka Kalpana Phanta Kalpana: Arka	6
7	Kalpana Nirmana-II (Method of Preparation of different dosage	5





	forms& Dietary Supplements) ) Avaleha Definition, reference, essential ingredients, general method of preparation, specific rules of avaleha preparation, importance of temperature, siddhi lakshana, shelf life with examples i.e Vasavaleha, Kushmanda avaleha, research updates on Avaleha Kalpana, market survey Sneha Kalpana Aims of Sneha Kalpana, definition,reference, essential ingredients, general method of preparation, specific rules of sneha preparation, importance of temperature, gritha murchana, taila murchana, sneha siddhi lakshana, types of snehapaka, Patra(Gandha Paka), time duration to cook sneha preparation, shelf life with examples Phala grita and Ksheerabala Bala Taila, Concept of Avartana, Research updates on snehakalpana, market survey Sandhana Kalpana Introduction, significance of sandhana kalpana, classification, difference between Madhya and Shukta Kalpana, general method of preparation, essential ingredients, anukta Mana, sandhana vidhi, observations, Burnig candle test, Lime water Test, important factors in Asava Arishta Preparation like sandhanan patra selection, place for fermentaion, importance of room temperature, sandhana kala, adding of honey, bhasma, prakshepaka dravya, difference between Asava & Arishta, shelf life and alcohol % with examples Draksharista and Usheerasava, Research updates on Sandhana Kalpana, market survey Pathya Kalpana Definition , significance of Pathya, types, general, method of preparation Manda, Peya, Yavagu, Vilepi, Anna or Odana Kalpana, Krashara, Yusha, Takra, Khada, Kambalika, Raga, Shadava, Related Research updates, Market survey of Dietary Supplements	
8	.Rasa Dravya Parichaya- I Synonyms, minerological identification, sources, types, grahya and agrahyata, doshas, shodhana, marana and other processing techniques, Probable Physico-chemical Changes, importance of temperature while processing , yoga, Research updates of the following Must to know Drugs Parada (mercury) Abhraka (Biotite Mica) Makshika (Chalco-pyrite) Shilajatu(Asphaltum Punjabianum) Gandhaka (Sulfur) Gairika(Red	12





	Ochre) Kankshi (Alum) Haratala (Orpiment) Manahshila (Realgar) Kampillaka (Mallotus Philippinensis) Navasadara (Ammonium chloride) Hingula (Red Cinnabar) Swarna (Gold) Rajata (Silver) Tamra (Copper) Loha (Iron) Mandur (rust iron) Vanga (Tin) Naga (Lead) Yashada (Zinc) Mukta (Pearl), Pravaala (Coral), Vajra (Diamond) Kaparda (Cowries) Shukti (Oyster Shell) Shankh (Conch Shell) Godanti (Gypsum) Samudraphena (Cattle Fish bone) Kukkutanda twak (Hen's EggShell) Tankana kshara (Borax)	
9	.Rasa Dravya Parichaya II Synonyms, mineralogical identification, sources, types, grahya and agrahyata, shodhana, marana and other processing techniques with probable chemical reactions, the importance of temperature, yoga, research updates of the following: Desirable to know drugs: Sasyaka (Peacock ore) Kaseesa (Green Vitriol), Gauri pashana (Arsenic oxide); Trinakanta, Akika (Agate), Sudha (Lime stone), Khatika Ajashthi; Jaharmohara (Serpentine) Dugdhapashana (Talc)	7
10	.Rasadravya Parichaya III Synonyms, Mineralogical Identification, sources, types, Grahya, Agrahyata, Shodhana, Marana, Probable Chemical Changes, Properties, dose, Ashuddha/Apakwa Bhasma Sevanajanya Vydhi and their shantyupaya, yoga, Research updates Nice to know drugs: Vaikrantha, Vimala (Iron Pyrite), Chapala Rasaka Anjana Kankustha Agnijara Giri Sindura (Red oxide of Hg) Mriddara shringa (Litharge) Kamsya (Bronze) Pittala (Brass) Vartaloha. Manikya (Ruby) Tarkshya (Emerald) Pushparaga (Topaz) Nilam (Sapphire) Gomeda (Zircon or Cinnamome stone), Vaidurya (Cat's eye) Mriga shringa (Stag horn) Sikata (Silica) Vyomashma (Sangeyashab - Jade) Kousheyashma (Asbestos) Badarshama (silicate of lime)	3
11	Kalpana Nirman -III (Method of Preparation of different dosage forms) Sharkara Kalpana General method of preparation, difference between sharkara kalpana and syrup, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example of Tulasi Arka Sharkara Gudapaka General Method	8





	of Preparation, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example of Manibhadra Guda, Guda Pippali Lavana Kalpana General Method of Preparation, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example of Narikela Lavana Kshara Kalpana General Method of Preparation, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example of Kadali Kshara, chinch Kshara Ayskriti Kalpana General Method of Preparation, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example Ayaskriti Lepa Kalpana General Method of Preparation, importance of temperature, precautions, confirmatory tests, packing, preservation, shelf life with Example of Avalgunjadi Lepa, Keshavardhaka Lepa.	
12	.Chaturvidha Rasayana Introduction, definition, importance, types, Procedure, necessary equipment, Shelf life with following example Kharaliya Rasayana: Shwasakuthara rasa and Vatavidwansana rasa Parpati Rasayana: Loha parpati and sudha parpati Kupipakwa Rasayana: Rasasidhura and Rasa karpura Pottali Rasayana: Tamragarbha pottali and Loha garbha pottali	4
13	Current and emerging trend in Ayurvedic pharmaceuticals Cosmetics-Formulation, Regulatory Provisions Brief Introduction to Cosmetics-Formulation, Regulatory Provisions, Plant Layout and other factory requirements, process used in the manufacture of Cosmetics, Most commonly used cosmetic Raw materials , Control of microbial contamination in the manufacture of cosmetics and Quality Control of cosmetics, Skin Sensitization Sensitivity Testing, In vitro-Tests for Skin Irritation, Quality Control of Raw materials, Intermediates and Finished Products, Stability of Cosmetics Introduction to Dosage forms Introduction, Classification of Dosage forms (Solid dosage forms, Liquid dosage forms and Semisolid dosage forms), Need of dosage forms.	3
14	GMP (Schedule T) & Regulatory aspects of Ayurvedic drugs Brief	2







	overview of following Drug and Cosmetics Act 1940 and Rules 1945 import, manufacture, sale distribution of drugs and cosmetics standards of quality, misbranded, adulterated, spurious drugs and cosmetics as amended from time to time. New Acts related to Drugs and Devices. Good Manufacturing Practices (GMP) of ASU Drugs in accordance to Schedule- T Food Safety and Standards Authority of India (FSSAI) and FDA Approval Drugs.	
15	Aushadhi Prayoga Vigyana Introduction, Ethymology, Scope of Aushadhi Prayoga vigyana Prashastha bhesha Lakshana	1
16	Single drug (Herbal & Mineral) Single drug its variety of formulations and their different indications • Chemical/phytochemical composition • Pharmacodynamics and pharmacokinetics as per formulation • Therapeutic properties • Awasthanusara Uses(as applicable) • Matra • Anupana • Pathyapathya • Sevana Kala • Kala maryada (duration of medication as applicable) • Side effects of medication (as applicable) • Research updates and clinical evidences for each of the following formulations Guduchi Guduchi Swarasa (Sha.Sam.Ma. Kh. Chp1/7 page 138) Guduchyadi Churna (B.R. Pleehayakrut Rogdhikara) Guduchi Kwatha (B.R. Jwaradhikara) Guduchi Hima (B.R. Chardi Rogadhikara) Guduchi Ghana-Samshamani Vati (AFI Part II Page 183) Guduchi Satva (AFI-Part I, Page 205) Amrutadi Guggulu (AFI-Part III, Page 107) Amritarishta (AFI Part I page 6) Amalaki Amalaki Swarasa (Sha.Sam.Ma.Kha.) Amalakyadi Churna (Sha.Sam.M.Kha. Churna kalpana) Triphala Rasayana (Cha.Chi. Rasayana Adhyaya) Chyavanaprasha (AFI Part I page 37) Dhatri Lauha (AFI Part I Page 284) Amalakyadi Gutika (Sha.Sam.Ma.Kha.Vati Kalpana) Phalatrikadi Kwatha (Sha.Sam.Ma.Kha.Kwatha Kalpana) Triphala Ghrita (Sha.Sam.Ma.Kha. Ghrita Kalpana) Bhallataka Bhallataka Modaka (B.R. Pleeha-Yakrit Rogadhikara) Bhallataka Ghrita (B.R. Gulma Rogadhikara) Bhallataka Guda (B.R. Arsha Rogadhikara)	8



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	Bhallatakadi Taila (B.R. Nadivrina Rogadhikara) Bhallataka Avaleha (B.R. Arsha Rogadhikara), Bhallatakadi Lepa (B.R. Kushta Rogadhikara) Bhallatakadi Kwatha (B.R. Urusthabha Rogadhikara)Note: For Bhallataka additional ashuddha, avidhi sevanajanya vyadhi and their shantyupayaGandhaka Gandhaka churna (SY page 217) Gandhaka Rasayana (AFI-Part II, Page 115) Gandhaka Druti (RRR 3rd Chapter) Gandhaka Taila (R.T. 8th Chapter) Gandhakadya Malahara (AFI-Part II, Page 165) Gandhakadi Lepa (RRS Shiroroga Chikitsa) Gandhaka Vati (B.R. Agnimandya Rogadhikara) Gairika Gairika Pradeha (Cha.Chi. Visarpa Rogadhyaya Laghusuta shekhara Rasa (AFI Part II Page 282) Gairikadya Malahara (AFI-Part III, Page 224) Gairikadya Gutikanjana (B.R. Netraroga) Gairika rasakriya (Cha.Chi.26/235) Varnakara lepa (Cha.Chi.25/117)	
17	.Single drug(Bhasma, Shuddha & Pishti) • Single drug/ formulation and its mode of action in different indications •Chemical/phytochemical composition • Pharmacodynamics and pharmacokinetics as per formulation • Therapeutic properties • Awasthanusara Uses(as applicable) • Matra • Anupana • Pathyapathya • Sevana Kala • Kala maryada (duration of medication as applicable) • Side effects of medication(as applicable) • Ashuddha apakwa, avidhi sevanajanya vyadhi and their shantyupaya, • Research updates and clinical evidences for each of the following formulations: Abhraka Bhasma Swarna Makshika Bhasma Swarna Bhasma Rajata Bhasma Lauha Bhasma Tamra Bhasma Vanga Bhasma Naga Bhasma Yashada Bhasma Kasisa Bhasma Shuddha Shilajatu Shuddha Gandhaka Shuddha Gairika, Shuddha Kankshi Mukta Pishti & Bhasma Pravala Pishti & Bhasma Vajra Bhasma Kaparda Bhasma Shankh Bhasma Godanti Bhasma Shuddha Tankana Shuddha Kankshi	12
18	Aushadhi Kalpa -I (Compound formulations) •Chemical/phytochemical composition • Pharmacodynamics and pharmacokinetics as per formulation • Therapeutic properties and	16





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its mode of action in different indications, • Awasthanusara Uses(as applicable) • Matra • Anupana • Pathyapathya • Sevana Kala • Kala maryada (duration of medication as applicable) • Side effects of medication(as applicable) • Ashuddha apakwa processed , avidhi sevanajanya vyadhi and their shantyupaya, • Research updates and clinical evidences for each of the following formulations: Kharaliya Rasayana • Arogyavardhini Gutika : A.F.I. - I, Rasayoga, 20:4, R.R.S. Visarpa Chi. 20/106 • Kumara Kalyana Rasa : A.F.I. - I, Rasayoga, 20:9, B.R. Balaroga / 163 • Garbhapala Rasa : A.F.I. - II, Rasayoga, 16:14, R.T.Sa. Part - I, 140 Chandraprabha Vati : A.F.I. - I, Vati Gutika, 12:10, Sha.Sa.M.7/40 • Pravala Panchamrita Rasa : A.F.I. - II, Rasayoga, 16:37, B.R. Gulma / 139 • Anandbhairava Rasa : A.F.I. - I, Rasayoga, 20:3, R.Sa.Sa.Jwara 2/103 • Yogendra Rasa : A.F.I. - I, Rasayoga, 20:31, B.R. Vatavyadhi / 506 • Laxmivilas Rasa : A.F.I. - I, Rasayoga, 20:39, B.R. Rasayana / 55 • Vasantakusumakara Rasa : A.F.I. - I, Rasayoga, 20:42, R.Sa.Sa. Rasayana Vajikarana / 80 • Vasantamalti Rasa : A.F.I. - I, Rasayoga, 20:41, Si.Bhai.Ma.Ma.Jwara / 60 • Brihat Vata Chintamani Rasa : A.F.I. - I, Rasayoga, 20:26, B.R., Vatavyadhi/502 • Shankha Vati : A.F.I. - I, Vati Gutika, 12:32, B.R. Agnimandya / 182 • Shwaskuthara Rasa : A.F.I. - I, Rasayoga, 20:49, Yo.Ra., Swasa / Page 373 • Kamadudha Rasa : A.F.I. - II, Rasayoga, 16:9, R.Ta.Sa. Kharaliya Rasayana / 80 • Sutashekhar Rasa : A.F.I. - II, Rasayoga, 16:63, Yo.Ra. Amlapita / Page 125 • Navayasa Loha : A.F.I. - II, Lauha, 17:2, Cha.Sa.Chi.16/70 • Ichchhabhedi Rasa : A.F.I. - I, Rasayoga, 20:5, B.Ra. Udararoga / 84 • Krimikuthara Rasa : A.F.I. - II, Rasayoga, 16:12, R.Ta.Sa. Kharaliya Rasayana / P. 103 Parpati Rasayana • Panchamruta Parpati : A.F.I. - I, Parpati, 16:1, B.R. Grahani / 461 • Bola Parpati : A.F.I. - I, Parpati, 16:2, Yo.R., Pradara / P 842 Kupipakwa Rasayana • Swarna Vanga : A.F.I. - I, Kupipakwa, 15:9, Rasamruta 3/ 95 • Makaradhwaja : A.F.I. - I, Kupipakwa, 15: 2, B. R. Vajikarana 2/ 237 • Sameerpannaga Rasa : A.F.I. - I, Kupipakwa, 15:8, A.A.G.S. Part -



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	4 Page 88 Pottali Rasayana • Hemagarbha Pottali : A.F.I. - II, Rasayoga, 16:66, Rasamruta Rasavigyaniya 9/218	
19	<p>Aushadhi Kalpa-II (Compound Drugs/Formulations) • Chemical/phytochemical composition • Pharmacodynamics and pharmacokinetics as per formulation • Therapeutic properties and its mode of action in different indications, • Awasthanusara Uses(as applicable) • Matra • Anupana • Pathyapathya • Sevana Kala • Kala maryada (duration of medication as applicable) • Side effects of medication(as applicable) • Improperly processed , avidhi sevanajanya vyadhi and their shantyupaya, • Research updates and clinical evidences for each of the following formulations: Dashamoola Kwatha (AFI Part I Page 55) Mahamanjistadi Kwatha (AFI Part I page 59), Pushyanuga Churna (AFI-Part I, Page 113) Sudarshana Churna (AFI Part I Page 116) Lavana Bhaskara Churna (AFI-Part I, Page 114) Bilvadi Gutika (AFI Part I Page 188) Chitrakadi Gutika (AFI-Part I, Page 186) Sanjivani Vati (B.R. Jwaradhikara) Vyoshadi Vati (AFI Part III Page 253) Bala Chaturbhadra Rasa (B.R. Balarogadhikara) Simhanada Guggulu (AFI-Part I, Page 71) Yogaraja Guggulu (AFI-Part I, Page 69) Chyavanaprashavaleha (AFI Part I page 37) Dadimavaleha (Y.R. Jwaratisaradhyaya) Panchagavya Ghrita (AFI Part I Page 90) Brahmi Ghrita (AFI Part I Page 93) Narayana Taila (AFI Part I Page 138) Neelibhringadi Taila (AFI Part I Page 139) Panchaguna Taila (AFI-Part II, Page 145) Aravindasava (AFI Part I page 7) Ashokarishta (AFI Part I page 8) Kumaryasava (AFI Part I page 10) Kutajarishta (AFI Part I page 10) Gandhakadya Malahara (AFI-Part II, Page 165) Lepa Gutu (AFI Part III page 232)</p>	14
20	<p>Dosage Forms &amp; Cosmetic Products Definition of dosage form,- Cosmetics Advantages and disadvantages of currently available dosage forms and cosmetics. Route of their administration. Research updates on modification of classical Ayurvedic dosage forms and relevant case studies.</p>	5
21	Nutraceuticals Introduction Types, non Indian nutraceuticals and	6





	their uses Ayurvedic Perspective of Nutraceuticals with special reference to dietetic preparation, rasayana with one examples for each category , mode of action, nutritional value calculation, research updates and case studies on below mentioned category General Health : Kushmanda avaleha Pediatric Health: Preenana Modaka(Kashyapa) Geriatric Health: Chavanaprasha avaleha Reproductive Health: Phala Grita Women's health: Soubhagya shuntipaka, Shatavari grita Cardio-protective: Arjuna Ksheerapaka & Rasona ksheera paka Sports endeavor: Kharjuradi mantha Mental health: Brahma Rasayana	
22	Anupana Prayoga for Aushadhi Kalpa Properties of Anupana Factors to be considered for selection of Anupana •Dosha •Aushadha •Roga/ Rogi •Ahara Purpose of Anupana Contraindications of Anupana Eka Kalpa Vydi anusara aneka Anupana for following yogas 1.Kaishore Guggulu: Sarangadhar Samhita , Madhyam khanda- 7/72-81, P: 1362. Yogaraj, Guggulu: Sarangadhar Samhita Madhyam khanda- 7/56-69, P:1353. Narayana Churna: Sarangadhar Samhita of Pandit Sarangadharacharya, , Madhyam khanda- 7/83-91, P:123-1244.Rasa Sindoor: RasaTarangini Hindi commentary of Sri Sadananda Sarma,Chaukhambha Surbharti, Murcchana vigyaniya Taranga, 6/203-234, P: 125-1275. Rasa Parpati: Rasa Tarangini of Sri Sadananda Sarma,Chaukhambha Surbharti Prakashan, Murcchana vigyaniya Taranga, 6/144-153, P: 116-1176.Kankayan Vati : Sarangadhar Samhita Surbharti Prakashan, Madhyam khanda, 7/50-55, P: 134-135)	4
23	Aushadhi Prayoga Marga Introduction Types in ayurveda Advantages and disadvantages of each aushadhi prayoga marga and probable mode of action after administration of following dosage forms in below mentioned routes 1. Mukha (Oral Cavity): Vati, Gutika, Churna, Asava, Arishta,Kashaya, Avaleha, Khanda, Sneha (Ghrita/Taila), 2. Nasa(Nasal Route)- Dosage form used - Churna, taila, swarasa, arka 3. Karna (Through Ear)- Taila, Ghrita 4. Akshi	5







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	(Through Eyes)- - Ghrita, Taila, 5. Twak (Through Skin)- Lepa, Alepa, Pralepa, Malahara, upanaha,pradeha, abhyanga, udvartana • Shirodhara - Takra • Abhyanga- Sahacharadi Taila • Ashti Bhagna- Murivenna Taila • Vrana- Jatyadi Taila • Smashru – Shankha Bhasma • Kesha Ghanata- Bringaraja Taila • Akala Palita – Hasthi Danta Masi • Indralupta – Icchabhedi Rasa • Lomashatana – Lomashatana Lepa 6. Guda ( Anal Route)- Dosage forms - Vartis, taila, ghrita, kalka, churna, kashaya 7. Mutra marga (Through urethra)- Uttara Basti with Dosage forms- Taila, ghrita 8. Yoni marga (Through vagina)- Yoni Dharana, Yoni Dhavana, Yoni Pichu, Yoni Dhoopana	
24	Rational prescription along with safe dispensing of Ayurvedic formulations. Rational prescription along with safe dispensing of Ayurvedic formulations as per NABH guideline	1
25	Traditional & Local health Practices Introduction to Traditional & Local health Practices and Government initiatives to preserve it. Brief introduction to TKDL	2
26	Pharmacovigilance for Ayurveda drugs Pharmacovigilance and Adverse Drug Reactions (ADR) Pharmacovigilance Programme of Ayurveda, Siddha, Unani and Homeopathy (ASU & H) Drugs Central Sector Scheme and Centres of Pharmacovigilance of ASU & H Drug	1



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**Reference Books:**

S.No	Book	Resources
1	1. Adyatan Rasa Shastra	R.K. Goyal Chaukhamba Surbharati Prakashan, Varanasi
2	2.Ayurvediya Aushadhi gunadharmashastra	Vol I, II, III, IV, V, Gune Gangadharashastri, Gune Bandhu Prakashan
3	3. Asava Arishta Vigyanam	Dr. Pakshdhar Jha, Chaukhambha Sanskrit Sansthan, Varanasi
4	4. Ayurvediya Rasa Shastra	(Sachitra) Chandrabhusan Jha by Chaukhamba Surbharati Prakashan Varanasi, Reprint 2012
5	5.Ayurvediya Rasa Shastra	Prof. Siddhi Nandan Mishra, Chaukhamba Orientalia, Varanasi
6	6.Ayurved Prakash	Vaidya Gulraj Mishra. Chaukhambha Bharati Academy, Varanasi
7	7.Drugs and Cosmetic Act - 1940	Vijay Malik, Eastern Book Company Delhi
8	8. Pratyaksha Aushadh Nirmanam	Acharya Vishwanath Dwivedi
9	9.Rasa Tarangini	Sadanand Sharma,Motilal Banarasidas, Varanasi
10	10.Rasa Bhaishajya Kalpana Vigyan	Vaidya Santosh Kumar Khandal, Choukhamba Publishers, New Delhi
11	11.Rasa Ratna Samuchchaya (Hindi)	Dattatreya Ananta Kulkarni, Meharchand Lachamdas Publications,New Delhi
12	12.Rasendra Sara Sangraha	Vaidya Gopal Krishna, Chaukhambha Sanskrit Series of Varanasi
13	13.Ayurvediya Paribhasha	Indradev Tripathi Chaukhamba Orientalia, Varanasi
14	14.Sharangadhara Samhita	Radhakrishna Parashar Vaidyanath Ayurved Bhavan Pvt



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15	15.Bharatiya Bhaishajya Kalpana Vigyana	Gananath Vishwanath Dwivedi Krishnadas Academy, Varanasi
16	16.Ayurvedic formulary of India	Govt. of India Ministry of Health & Family welfare New Delhi
17	17.Ayurvedic Pharmacopoeia of India	CCRAS Govt. of India Ministry of Health & Family welfare New Delhi
18	18.Abhinava Bhaishajya Kalpana	Siddhi Nandan Mishra, Chaukhamba Surbharati Prakasha , Varanasi
19	19.Bhaishjya Ratnawali	Prof S N Mishra Choukhamba Publishers, Varanasi
20	20.Ayurvediya Rasashastra Ka Udbhava Evam Vikas	Satyendrakumar Arya, Krishnadas Academy, 1984

**Course Outcome:**

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-RB At the end of the course AyUG-RB, the students should be able to-</b>
CO1	Demonstrate application of principles of Ayurvediya Aushadhi Nirmana (Ayurvedic Pharmaceutics)
CO2	Demonstrate application of principles of Ayurvediya Aushadhi Prayoga Vigyana (Clinical Pharmacology)
CO3	Prepare Ayurvedic formulations in adherence to quality control parameters for raw materials, in-process and finished products
CO4	Justify rationality of selection and administration of Ayurvedic formulations



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CO5	Demonstrate application of ethical, legal and regulatory aspects of manufacturing and sale of Ayurvedic formulations.
CO6	Appraise research in current and emerging trend in Ayurvedic pharmaceuticals and allied sciences.

### Mapping of Course Outcome and Programme Outcome

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-RB At the end of the course AyUG-RB, the students should be able to-</b>	<b>B1 Course learning Outcomes matched with program learning outcomes.</b>
CO1	Demonstrate application of principles of Ayurvediya Aushadhi Nirmana (Ayurvedic Pharmaceutics)	PO1,PO5,PO7
CO2	Demonstrate application of principles of Ayurvediya Aushadhi Prayoga Vigyana (Clinical Pharmacology)	PO1,PO5,PO7
CO3	Prepare Ayurvedic formulations in adherence to quality control parameters for raw materials, in-process and finished products	PO1,PO3,PO4,PO5, PO6,PO7,PO8
CO4	Justify rationality of selection and administration of Ayurvedic formulations	PO3,PO5,PO6,PO7, PO8,PO9
CO5	Demonstrate application of ethical, legal and regulatory aspects of manufacturing and sale of Ayurvedic formulations.	PO2,PO8,PO9
CO6	Appraise research in current and emerging trend in Ayurvedic pharmaceuticals and allied sciences.	PO7,PO9





## AyUG-SA2

### Samhita Adhyayan-2

#### Course Objectives:

1. To provide elaborative, sufficient and intellectual knowledge of Ayurveda.
2. To provide knowledge about preventive and curative measures.
3. To provide knowledge about prognostics aspects.

S. NO	Topics	Lecture Hours
1	Cha.Su.13- Sneha Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sneha yoni 2. Chaturvidha sneha and its qualities 3. Sneha kaala and its anupana 4. Pravicharana sneha 5. Acchapeya 6. Sneha matra and its indications 7. Introduction to sneha yogya and ayogya purusha 8. Introduction to ayoga, samyak yoga and atiyoga of snehapana 9. Koshta pariksha 10. Introduction to snehapana vidhi 11. Introduction to sadyasneha 12. Sneha vyapat kaarana, lakshana and chikitsa III. Adhyaya sangraha	3
2	Cha.Su.14- Sveda Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Benefits of swedana 2. Swedana bheda 3. Swedana vidhi 4. Samyak swinna lakshana 5. Atiswinna lakshana and chikitsa 6. Swedana yogya and ayogya 7. Trayodasha agni sweda vivarana 8. Dasha vidha niragni sweda III. Adhyaya sangraha	2
3	Cha.Su.15- Upakalpaneeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Samshodhana upayogi dravya sangraha 2. Aturalaya nirmana 3. Introduction to vamana vidhi 4. Samsarjana krama 5. Introduction to virechana vidhi 6. Benefits of samshodhana III. Adhyaya sangraha	2
4	Cha.Su.16- Chikitsaprabhritiya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Samyak virikta – avirikta - ativirikta lakshana 2. Bahudosha lakshana 3. Benefits of samshodhan 4. Importance of samshodhan 5. Samshodhana atiyoga and ayoga chikitsa 6.	2





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	Swabhavoparama vada 7. Chikitsa paribhasha 8. Qualities of chikitsa-prabhrita vaidya III. Adhyaya sangraha	
5	Cha.Su.17- Kiyantashiraseeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Importance of shiras 2. Introduction to shiroroga, hridroga, vidradhi, madhumeha and madhumeha pidaka 3. 62 types of permutation and combination of doshas 4. Trayodasa sannipata (13 types of combination of doshas) 5. 12 types of vishama sannipata (Doshavikalpa) 6. Types of kshaya 7. Ojus 8. Doshagati III. Adhyaya sangrah	3
6	Cha.Su.18-Trisotheeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Types of shotha 2. Trividha bodhya (three types of assessment of diseases) 3. Ekadeshaja shotha 4. Aparisankhyeyatwa of roga 5. Anukta roga (unnamed diseases) and its management 6. Karmas of prakrita doshas III. Adhyaya sangraha	1
7	Cha.Su.19-Ashtodareeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sankhya samprapti of samanyaja vyadhi 2. Tridosha pradhanyata 3. Nija-agantu sambandha III. Adhyaya sangraha	1
8	Cha.Su.20- Maharoga adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Vyadhibheda (classification of disease) 2. Agantu-mukha (causes of agantu diseases) 3. Trividha-prerana (three etiological factors) 4. Samanyaja-nanatmaja-vikara – classification 5. Vataja-nanatmaja vikaras, atmarupa and prakupitakarma 6. Pittaja- nanatmaja vikaras, atmarupa and prakupitakarma 7. Kaphaja- nanatmaja vikaras, atmarupa and prakupitakarma III. Adhyaya sangraha	2
9	Cha.Su.21- Ashtauninditeeya adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Ashta nindita purusha 2. Ati sthula and ati karshya 3. Ashta dosha of sthaulya 4. Dosha-lakshana-hetu of karsya and sthaulya 5. Prasasta purusha lakshana 6. Chikitsa sutra of sthaulya and karsya 7. Nidra paribhasha 8. Arha and varjya for divaswapna 9. Effects of ratri jagarana and divaswapna 10. Types of Nidra III. Adhyaya sangraha	3
10	Cha.Su.22- Langhanabrimhaneeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Shadupakrama 2. Swaroopa and lakshana of shadupakrama 3. Dasavidhalanghana 4. Dasavidhalanghana-prayoga-niyama 5. Properties of dravyas used in shadupakrama 6. Samyaklakshana of langhana, brimhana and sthambhana 7. Atiyoga and ayoga of shadupakrama III. Adhyaya sangraha	3



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11	Cha.Su.23- Santarpaneeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Santarpana dravya 2. Santarpanajanya vyadhi 3. Chikitsasutra of santarpanajanya vyadhi 4. Apararpanajanya vyadhi 5. Chikitsasutra of apararpanajanya vyadhi III. Adhyaya sangraha	2
12	Cha.Su.24- Vidhishoniteeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Shonita-pradhanyata 2. Shonita-dushti-karana 3. Shonitajanya roga 4. Shonita-dushti-chikitsa 5. Raktadushtilakshana in relation to dosha 6. Vishuddharaktalakshana 7. Vishuddharakta-purusha-lakshana 8. Pathya in raktamoksha 9. Introduction to mada-murchaya-sanyasa III. Adhyaya sangraha	3
13	Cha.Su.25- Yajjapurushheeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Factors responsible for generation of purusha and diseases 2. Concept of hita ahara and its importance 3. Different factors related with ahara like aharayoni, prabhava, udarka, upayoga, rasa, gurvadi guna etc 4. Agryasangraha- (Aushadha- Anna-Vihara) 5. Terminology of pathya and apathya 6. Enumeration of aasavayoni III. Adhyaya sangraha	2
14	Cha.Su.26- Atreyabhadraakaapeeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sambhasha parishat on number of rasa 2. Gunas of parthivadi dravyas 3. Dravya prabhava and guna prabhava 4. Dravya karmukata siddhanta (pharmacodynamics) with respect to adhikarana, kala, karma, veerya, upaya and phala 5. Paradi guna 6. Rasadi-panchaka – Additional knowledge 7. Examples of samanapratyabaddha and vichitra pratyabaddha dravyas 8. Properties of vipaka 9. Perception of rasa, vipaka and veerya 10. Examples of prabhava 11. Types of viruddha and management of complications 12. Principles of treatment of diseases caused by viruddha ahara III. Adhyaya sangraha	3
15	Cha.Su.27- Annapaana vidhi Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Benefits of hita ahara 2. Examples of hita ahara and ahita ahaara 3. Ahara Vargas 4. Importance of anna III. Adhyaya sangraha	4
16	Cha.Su.28- Vividhashitapeeteeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Caturvidha-ahara 2. Difference between hita aahara and ahita aahara 3. Susceptibility to diseases (with respect to pathya and apathya) 4. Vyadhi-saha shareera 5. Dhatupradoshaj, upadhatupradoshaj, indriyapradoshaja, malapradoshaja vikaras and	4



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	treatment principles 6. Shakhagati and koshtagati of doshas 7. Causes of health and diseases 8. Importance of prajnaaparadha III. Adhyaya sangraha	
17	Cha.Su.29- Dashapraanaayataneeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Enumeration of dasa pranaayatana 2. Terminology of praanaabhisara vaidya and rogaabhisara vaidya, chadmachara, yogya bhishak and karmakovid III. Adhyaya sangraha	2
18	Cha.Su.30- Arthedashamahamoolleeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Importance of hridaya 2. Best factors for life (shreshatatama bhava) 3. Four types of Ayu 4. Shashwatatwa of Ayurveda 5. Quality of Learner of Ayurveda 6. Ashtaprashna 7. Dashaprakaran 8. Synonyms of tantra III. Adhyaya sangraha	2
19	Cha.Ni.01-Jwara nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Description of nidanapanchaka 2. Nidanaparyaya 3. Vyadhiparyaya 4. Ashtavidha jwaranidana, samprapti and lakshana. 5. Jwarapurvarupa 6. Jwara mahaprabhava vivarana 7. Jwara samkshipta chikitsa sutra. 8. Importance of ghrutapaan in jeerna jwara. III. Adhyaya sangraha	2
20	Cha.Ni.02-Raktapitta nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Raktapitta paryaya and nirukti. 2. Raktapitta nidana, purvarupa, upadrava 3. Raktapitta marga, dosha anubhandha and sadhyaasadyata. 4. Raktapitta chikitsa sutra III. Adhyaya sangraha	2
21	Cha.Ni.03-Gulma nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sankhya samprapti 2. Gulma sthanas 3. Nidana, lakshana and samprapti of vata-pitta-kahpaja gulma 4. Shonita gulma 5. Gulma purvarupa 6. Sadhya asadyata 7. Chikitsa sutra III. Adhyaya sangraha	2
22	Cha.Ni.04-Prameha nidana adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sankhyasamprapti (vimsatiprameha) 2. Sampraptighataka (doshavishesha and dushyavishesha) 3. Nidanapanchaka of doshaja prameha (vata, pitta and kapha) 4. Sadhyasadyata 5. Poorvarupa 6. Upadrava 7. Chikitsasutra III. Adhyaya sangraha	2
23	Cha.Ni.05-Kushta nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Saptadravya of kushta 2. Aneka rupa of kushta 3. Samanya nidana and samanya purvarupa 4. Sadhyasadyata 5. Sapta kushta lakshana 6. Upadrava III. Adhyaya sangraha	2



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24	Cha.Ni.06-Shosha nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Vissha nidana, samprapti and lakshana of shosha 2. Purvarupa 3. Ekadasha rupa 4. Sadhyasadyata III. Adhyaya sangraha	2
25	Cha.Ni.07-Unmada nidana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sankhya samprapti 2. Unmadaabhimukha karana (predisposing factors of unmada) 3. Unmada nirvacana (ashta vibhrama) 4. Purvarupa 5. Vata-pitta-kapha-sannipataj unmada lakshna 6. Role of prajnaparadha 7. Chikitsasutra of unmada 8. Agantuja unmada- nidana, purvarupa, lakshana, chikitsa sutra III. Adhyaya sangraha	2
26	Cha.Ni.08-Apasmara nidana adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Definition of apasmara 2. Apasmaraabhimukakarana (predisposing factors of unmada) 3. Vissha lakshana of apasmara 4. Cikitsasutra 5. Nidanarthakara roga 6. Vyadhisankara 7. Suddha-asuddha cikitsa 8. Sadhyasadyata – nirvacana 9. Tiryaggatadosha - cikitsasutra III. Adhyaya sangraha	2
27	Cha.Vi.01- Rasa vimana Adhyayam I. Adhyaya parichaya II. Siddhanta vivarana 1. Importance and objective of vimanasthana 2. Prakrutisamasamaveta and vikrutivishamasamaveta siddhanta 3. Chaturvidha Prabhava (rasa-dravya-dosh-vikara prabhava) 4. Examples of dravyaprabhava- taila, ghruta and madhu. 5. Dravyas which are avoided for regular consumption 6. Satmyaparibhasha and types 7. Aharavidhi visheshayatana 8. Ahara vidhi vidhana and bhojyasaadgunyam III. Adhyaya sangraha	2
28	Cha.Vi.02-Trividha kaksheeya Adhyayam I. Adhyaya parichaya II. Siddhanta vivarana 1. Three divisions of amashaya for deciding aharamatraa 2. Matraavat ahaara lakshan 3. Amatravatva of ahara 4. Effects of heenamaatra and atimatra of ahara 5. Mental factors which affect the digestion of food 6. Two types of amadosha 7. Hetu-linga and aushasda of amadosha 8. Demarcation of amasaya III. Adhyaya sangraha	2
29	Cha.Vi.03-Janapadodhwansaneeya Vimanam Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Importance of timely collection of medicines. 2. Janapadodhwamsakara samanya bhavas (four causes of epidemic diseases) 3. Lakshanas of vikrut vayu, jala, desha and kala. 4. Chikitsa siddhanta of janapadodhwamsakara vikaras 5. Role of	2



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	adharma in janapadodwamsa 6. Niyata and aniyata ayu 7. Daiva and purushakara 8. Examples of hetuviparita chikitsa in jwara 9. Apatarpana and its types 10. Description of desha III. Adhyaya sangraha	
30	Cha.Vi.04-Trividha roga vishesha vijnyaneeya adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Three methods of diagnosing diseases 2. Characteristics of aptopadesha, pratyaksha and anumana 3. Application of aptopadesha, pratyaksha and anumana in clinical examination III. Adhyaya sangraha	2
31	Cha.Vi. 05- Sroto vimana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Srotas paribhasha 2. Types of srotas 3. Types of srotodushti 4. Hetu, lakshan and chikitsa of srotodushti III. Adhyaya sangraha	2
32	Cha.Vi. 06-Roganika vimana adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Dvididha vyadhi bheda based on prabhava, bala, adhishtana, nimitta, ashaya bheda. 2. Vyadhi aparisamkheyatva 3. Relation between shareerika and manasika dosha. 4. Anubandhy-anubandha roga 5. Agni bheda, prakruti bheda. Vatala prakrutigata roga, their hetu and chikitsa, pitta prakrutigata roga, their hetu and chikitsa-kapha-prakrutigata roga, their hetu and chikitsa 7. Raja vaidya gunas III. Adhyaya sangraha	2
33	Cha.Vi. 07- Vyadhita rupeeya vimana Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Dvididha vyadhita purusha based on severity of disease and clinical presentation 2. Krimi bheda 3. Trividha chikitsa III. Adhyaya sangraha	2
34	Cha.Vi. 08-Rogabhishagjiteeyam Adhyaayam. I. Adhyaya parichaya II. Siddhanta vivarana 1. Shastra pareeksha 2. Means of learning shastra 3. Adhyayana and adhyapana vidhi 4. Sambhasaha vidhi-Types 5. Three types of parishat 6. Vadamarga padani 7. Methodology of Vada and its benefits 8. Dashavidha pareeksya bhava 9. Dashavidha atura pareeksha III. Adhyaya sangraha	5
35	Cha.Sha.01-Katithapurushheeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sareera and sareerasthana 2. Purusha and its types 3. Manonirupanam 4. Atmalinga 5. Ashtaprakriti and shodasavikara 6. Srishtyutpatti and pralaya 7. Trividha dukhahetu 8. Prajnaparadha 9. Daiva 10. Naistikichikitsa 11. Vedana and vedana	2







	adhishtana 12. Vedananasahetu 13. Moksha 14. Smriti hetus III. Adhyaya sangraha	
36	Cha.Sha.02-Atulyagothreeyam Adhyaaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Prerequisites of conception 2. Shodashadhatu in shareera 3. Sexual abnormalities 4. Sadyogriheeta garbhinee lakshana 5. Ativahikapurusha 6. Daiva & paurusha 7. Roganutpatti III. Adhyaya sangraha	1
37	Cha.Sha.03-Khuddika garbhavakranti Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Matrujadi bhavas in garbha 2. Beeja & beejabhaga III. Adhyaya sangraha	1
38	Cha.Sha.04-Mahatee garbhavakranti Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Garbha & garbhaposhana 2. Garbhopaghatakara bhava 3. Congenital abnormalities 4. Trividhasatva bheda (manasaprakriti) III. Adhyaya sangraha	1
39	Cha.Sha.05-Purushavichaya Shareera Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Lokapurushasamya 2. Hetwadi panchaka 3. Satya buddhi III. Adhyaya sangraha	1
40	Cha.Sha.06-Sareeravichaya adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Definition of sareera 2. Samanyavisesha sidhanta – applied aspect 3. Shareera dhatuguna 4. Shareeravridhdikarabhava 5. Balavridhdikarabhava 6. Aharaparinamakarakarabhava 7. Sareeraguna bheda 8. Kala-akala mrityu 9. Param ayu karanam III. Adhyaya sangraha	1
41	Cha.Sha.07- Sareerasankhya sareera Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Paramanu bheda of shareera III. Adhyaya sangraha	1
42	Cha.Sha.08-Jathisutreeya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sutikagara 2. Garbhopaghatakara bhava III. Adhyaya sangraha	1
43	Cha.In.1-Varnasvariyaam Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Factors for assessing rishta 2. Six types of prakruti bheda 3. Rishtaadhikara kruta vikruti bheda 4. Prakruta and vaikarika varna 5. Varnavishayak arishta 6. Prakruta and vaikarika swara 7. Swara vishayak arishta III. Adhyaya sangraha	1
44	Cha.In.2-Pushpitakam Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Gandha vishayaka samgrah 2. Rasa vishayaka arishta III. Adhyaya sangraha	1







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45	Cha.In.3-Parimarshaneeyam Indriyam Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sparshagamy bhava (palpable signs) 2. Sparshavishayak arishta lakshana III. Adhyaya sangraha	1
46	Cha.In.4-Indriyaneekam Indriya adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Indriya vishayaka arishta samanya niyama (general rule regarding involvement of indriya) III. Adhyaya sangraha	1
47	Cha.In.5-Purvarupeeyam Indriyam Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Jvara rupa vishayaka poorvaroopiya rishta (rishta based on purvarupa of jvara) 2. Swapna bheda (types of swapna) III. Adhyaya sangraha	1
48	Cha.In.6-Katamanisharireeyam Indriyam Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Rishta related to pureesha, mutra and swayathu III. Adhyaya sangraha	1
49	Cha.In.7-Pannarupiyam Indriyam Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Pratichaya vishayaka arishta 2. Chaya vikruti arishtas 3. Five types chaya bheda 4. Seven types prabha bheda III. Adhyaya sangraha	1
50	Cha.In.8-Avakshiraseeyam Indriyam Adhyaya I. Adhyaya parichaya II. Adhyaya sangraha	1
51	Cha.In.9-Yasya shyavanimitiya Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Ashtamaharogas III. Adhyaya sangraha	1
52	Cha.In.10-Sadyomaraneeyam Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Sadyo maraneeya arishtas III. Adhyaya sangraha	1
53	Cha.In.11-Anujyotiyam Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Definition of Arishta III. Shloka sangraha	1
54	Cha.In.12-Gomayachurniyam Indriya Adhyaya I. Adhyaya parichaya II. Siddhanta vivarana 1. Mumurshu lakshana, 2. Prashasta doota lakshana and mangalika dravya. 3. Arogya janaka bhava III. Adhyaya sangraha	1



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**Reference Books:**

S.No	Book	Resources
1	Charakasamhita with Cakrapani Commentary	Yadavji Trikamji, editor. Agnivesha. Charaka Samhita. Ayurveda Dipika. Chakrapanidatta (comm)(Sanskrit) Varanasi: Chaukambha Sanskrit Sansthan
2	Charak Samhita (English Commentary)	Ram Karan Sharma and Bhagawan Dash, editor. Charak Samhita (English Commentary): Varanasi: Chowkambha Sanskrit Series
3	Charak Samhita (Hindi commentary)	Harishchandra Singh Kushvaha, editor and translator. Charak Samhita (Hindi Commentary): Varanasi: Chaukambha Orientalia
4	Charak Samhita (Hindi commentary)	Jayadev Vidyalkar, editor. Charak Samhita (Hindi commentary): Motilal Banarsi Dass Publishers Pvt. Ltd
5	Charak Samhita (Hindi commentary): Vaidya Atridev Vidyalkar	Charak Samhita (Hindi commentary): Vaidya Atridev Vidyalkar
6	Charak Samhita (Hindi commentary)	Gorakhanath Chaturvedi and Kashinath Pandeya Shastri, editor. Charak Samhita (Hindi commentary): Varanasi: Chaukambha Bharati Academy
7	Charak Samhita (Hindi commentary)	Brahmanand Tripathi, editor. Charak Samhita (Hindi commentary): Varanasi: Chaukambha Surbharati Prakashan
8	Charak Samhita (Hindi commentary): Dr. Ravidatta Tripathi	Vidyadhar Shukla and Ravidatta Tripathi Charak Samhita (Hindi commentary): Varanasi: Chaukambha Sanskrit Pratishthan
9	Charaka Samhita (Hindi commentary)	Banwari Lal Gaur, editor. Charaka Samhita (Hindi commentary): Rashtriya Ayurved Vishwavidyalaya
10	Legacy of Charaka	M S Valiathan, Legacy of Charaka (English): Hyderabad: Orient Longman



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11	Charakasamhita	Charak e-Samhita –National Institute of Indian Medical Heritage – <a href="http://niimh.nic.in/ebooks/ecaraka">http://niimh.nic.in/ebooks/ecaraka</a>
12	Charakasamhita	Charakasamhitaonline.com - <a href="http://www.charakasamhitaonline.com">www.charakasamhitaonline.com</a>
13	Illustrated Charakasamhita, Dr. R Vidyanath	R Vidyanath, editor. Illustrated Charakasamhita (English Commentary): Varanasi Chaukhambha Prakashak
14	Namaste Portal	<a href="http://ayush.gov.in">NAMASTE - Portal (ayush.gov.in)</a>
15	CCRAS Prakriti tool	CCRAS Prakriti Tool <a href="http://www.ccras.res.in/">http://www.ccras.res.in/</a>
16	Sanskrit English Dictionary	Monnier Williams. A Sanskrit English Dictionary. Delhi. Motilal Banarsidasspublishers Pvt Ltd.

**Course Outcome:**

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-SA2 At the end of the course AyUG-SA2, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	Justify the Methodology of structuring samhitas and appraise the importance of tools of decoding Charakasamhita (Tantrayukti and vyakhyana)	PO1
CO2	Relate and interpret various references of concepts in Charakasamhita	PO1
CO3	Explain and interpret biological factors and their measurements in the manifestation of diseases.	PO1,PO3
CO4	Explain and utilize various siddhantas in different dimensions of clinical practice.	PO1,PO3,PO5
CO5	Demonstrate the knowledge of dravya and adravya based therapeutics.	PO1,PO3,PO5



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CO6	Apply diagnostic guidelines regarding diseases including arishta lakshana based on the principles mentioned in Charakasamhita	PO1,PO3,PO7
CO7	Explore the determinants of health in the background of Charakasamhita.	PO1
CO8	Develop ethical professional and moral codes and conducts as a physician.	PO6,PO8,PO9

**Mapping Course and Programme Outcome:**

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-SA2 At the end of the course AyUG-SA2, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	Justify the Methodology of structuring samhitas and appraise the importance of tools of decoding Charakasamhita (Tantrayukti and vyakhyana)	PO1
CO2	Relate and interpret various references of concepts in Charakasamhita	PO1
CO3	Explain and interpret biological factors and their measurements in the manifestation of diseases.	PO1,PO3
CO4	Explain and utilize various siddhantas in different dimensions of clinical practice.	PO1,PO3,PO5
CO5	Demonstrate the knowledge of dravya and adravya based therapeutics.	PO1,PO3,PO5
CO6	Apply diagnostic guidelines regarding diseases including arishta lakshana based on the principles mentioned in Charakasamhita	PO1,PO3,PO7
CO7	Explore the determinants of health in the background of Charakasamhita.	PO1
CO8	Develop ethical professional and moral codes and conducts as a physician.	PO6,PO8,PO9



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## AyUG-SW

### Swasthavritta evam Yoga

#### Course Objectives:

To enable the students to understand for in future providing the highest quality of Preventive and health promotive care for the healthy individuals with complex problems and demonstrate evaluation and judgment skills in making appropriate decisions regarding diet and lifestyle advice and referral to deliver comprehensive care for the patient.

S. NO	Topics	Lecture Hours
1	Swastha and Swasthya Definition of Swasthavritta and its objective. Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas. Concept of Health & Operational definition of health. Importance of Shodhana in Swastha in relation to Sanchita & Asanchitha Dosha & Classification of Swastha purusha as Sanchita dosha and Asanchitha Dosha. Dimensions of health -Physical, Mental and Social. Concept of well-being : objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life. One health concept / Vasudhaiva Kutumbakam” or “One Earth · One Family- One Future”.	3
2	Healthy Life style -Dinacharya (Daily regimen) Concept of Primordial, Primary, Secondary and Tertiary Prevention along with examples in Ayurveda. Importance of Ahara and Vihara as the health promotive and disease preventive measures. Importance of Niyata kala vihara (Dinacharya, Ritucharya) and Aniyata kala Vihara (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshana ) for health promotion and disease prevention. Concept of waking up at 'Brahme muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory. Usha Jalapana' (Drinking water in early morning). Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits.). Mukhaprakshalana and face washes used currently. Concept of	8



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	<p>Dantadhavana and modern-day brushing techniques and dentifrices. Concept of Jihwanirlekhana and the tools used in today's era and their benefits. Concept of Anjana as a health promotive measure. Kavala and gandusha for oral hygiene including mouthwashes available in the market. Abhyanga as a health promotive measure. Importance of the Tambula. Prayogika Dhoomapana (Practicable &amp; nonpracticable Dhoomapana- inhalation of herbal fumes/ herbal inhalers with their benefits and contraindications. Ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health. Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects. Application of Abhyanga according to different age groups and occupation/activity. Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. Concept of Vyayama and present day practices such as aerobic exercises, muscle strengthening exercises etc. to be practiced as per prakriti, age and occupation. Ardhashakti lakshanas of vyayama and the consequences of ati vyayama. Udwartana, Utsadana Udgharshana. Snana- Types of different types of bath and Physiological effects of snana on body and mind. Importance and benefits of Anulepana. Merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes etc. Importance of proper clothing (Vastradharana) in social life.</p>	
3	<p>Ratricharya Ratri bhojanavidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health. Effects of Yukta &amp; Ayukta nidra. Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons. Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle. Sleep apnea, insomnia, narcolepsy and restless leg syndrome. Solutions to Asatmya jagarana (sleep disorders). Importance of observing brahmacharya and abrahmacharya in ratricharya in relation to health. Brahmacharya with special reference</p>	6





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	to lifestyle guidelines. Reproductive and sexual health according Ayurveda.	
4	Ritucharya Classification of kaala , Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas. Sanchaya- PrakopaPrashamana of Dosha with their gunas in each ritu. Relation of Agni , Bala and Ritu with its application. Ritu shodhana for the prevention of diseases. Pathya - Apathya in regards to Ahara -Vihara in all six ritus in present scenario. Importance of ahara and vihara in ritu sandhi and Yamadanshtra kala. Rituharitaki as a rasayana with research updates. Effects of Rituviparyaya on health and its relation to janapadaudhwamsa/maraka vyadhis with present day examples.	5
5	Roganutpadaniya Concept of vegadharana and vega-udirana in relation to health and morbidity.Symptoms and management principles of adharaniya vega janya vyadhis from bruhatrayee.Concept of vegaudirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.). Importance of dharaniya vegas in promotion of mental health.	2
6	Sadvritta Sadavritta measures for the maintenance of personal ,social and spiritual health. Observance of Sadvritta for the prevention of Adharma. Achara Rasayana" and its role in the prevention and control of diseases.Characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental illhealth. Mental health services and comprehensive mental health programme. Role of trigunas and satvavajaya in mental health promotion in present era. Digital health promotion	2
7	Ahara Significance of Ahara for health and well-being according to Ayurveda & Contemporary science. Classification of aharadravyas as per Ayurveda & Contemporary science. Ahara vidhividhana, Ahara sevanakala & Dwadasha ashanapravicharana . Applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Ahara &vihara leading to Santarpanajanya evam Apatarpanajanyavyadhi and importance of upavasa and concept of intermittent fasting. Benefits of Shadrasabhojana. Importance of Ashta aharavidhivishesha ayatanani in present era. Importance of Nityasevaniyadravyas in the maintenance of health. Properties (Guna& karmas) of Ahara dravyas in the following vargas with their	20



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nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) & Madyavarga (Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Ahara Upayogi Varga (Spices & Condiments), Kritannavarga (Prepared Food), Mamsavarga (Meat types) and Jala Varga. Definition of Pro-biotics and Pre-biotics and their utility. Proximate principles of Food - Recommended Daily Allowance according to various conditions, Sources and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals. Definition of Balanced diet and diet for an individual depending on age, body weight and physiological status and Social Aspects of Nutrition. Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration and Food toxicants. Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg. Safety and hygiene measures for Fruits and Vegetables. Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases. Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006. Different Dietary Supplements and Ergogenic Aids. Impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, Pescovegetarian, Plant-based diet, Intermittent diet, the Nordic diet, importance of organic foods, merits and demerits of genetically modified foods and inflammatory foods such as fried foods, cookies, hot dogs, red meat, refined grains, pizza, burger etc., and instant foods like Maggi etc., Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health. Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics. Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases



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8	Rasayana for Swastha Definition of Rasayana and benefits of Rasayana. Classification and types of Rasayana with examples. Urjaskara Rasayanas as per age and occupations /Activities .Antioxidant & immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.	2
9	Yoga Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to PatanjaliYogasutras, Bhagavad Gita and Charaka Samhita. Difference between Rajayoga, Hathayoga and Karmayoga.Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. Mitahara and Pathya-apathyas during Yogabhyasa . Concept of Panchakosha theory. Description of Ashtangas of Yoga - Yama , Niyama , Asana .Pranayama , Pratyahara, Dharana, Dhyana and Samadhi. Suryanamaskara . Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati.Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha. Mudras - Shanmukhi mudra and Jnana mudra. Shatchakras and their importance in Yoga practice. Description of Ida-Pingala-Sushumna nadis and their importance in yoga practice.Concept of Moksha according to Charaka , Muktatmalakshana and Moksha upayas.Importance of International Day of Yoga (IDY). Adverse effects of improper Yoga practices	22
10	Naturopathy Basic principles of Naturopathy. Concept of Panchabhutopasana.Therapeutic effects of Mud therapy. Therapeutic effects of Sun bath. Fasting therapy - its types and benefits. Hydrotherapy - types of water used based on the temperature and therapeutic effects of Hydrotherapy. Therapeutic effects of Massage	5
11	Janapadodhwamsa / Maraka Vyadhi Causes of Janapadodhwamsa/ maraka vyadhi. Manifestation and control measures of Janapadodhwamsa.Principles and uses of epidemiology. Dynamics of disease transmission.Theory of disease causation - epidemiological triad and natural history of disease.Concept of prevention, modes of intervention, risk factors, incidence and prevalence.Susceptible host and host defense. Immunizing Agents. Concept of vyadhikshamatwa.Investigation of an epidemic. Prevention and control of an epidemic. Sankramaka roga as per Ayurveda.Epidemiological determinants, brief pathology	37







	,transmission, incubation period , clinical features, diagnosis and preventive measures of 1. Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy. 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid. 3. Intestinal infestations – Ascariasis, Hook worm and Tape worm. 4. Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus , H1N1, H3N2, etc.,. 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhea. Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity, Coronary artery disease (CAD) and Cancer. Epidemic Diseases (Amendment) Ordinance Act, 2020 .,	
<b>12</b>	Environmental health Air: Properties of Vayu and composition of air. Changes in air of the occupied room. Comfort zone and indices of thermal comfort. Air pollution -causes, prevention and control. Effects of air pollution on health and social aspects .Effects of Global warming with recent updates. Definition of ventilation and types of Ventilation. Effects of high altitude and mountain air on health. Water : Safe and wholesome water and water requirements. Properties of water from different sources. Water pollution and health hazards. Contemporary and Ayurvedic methods of water purification. Hard Water - its effects on health and methods of removal of hardness. Quality of water stored in different vessels as per classics. Rain water harvesting - methods and its importance. Soil : Types of soil and relation between soil and health. Land pollution - its prevention and control. Land purification as per the classics. Social goals of Housing and Housing standards. The Building and other construction workers ( Regulation of employment and conditions of services) Act, 1996 Effects of housing on health. Overcrowding and its impact on health. Light: Good lighting, natural lighting and artificial lighting. Biological effects of lighting. Noise : Definition of noise and its sources, effects on health and control measures. Radiation: Radiation - sources and effects on health and control measures. Waste disposal : Types of solid waste, Storage and collection of refuse. Methods of disposal of solid waste (Rural & urban). Excreta Disposal methods & Sanitary Latrines.	<b>10</b>







	Modern Sewage disposal methods. Disposal methods of Excreta during camps, fairs, and festivals. Bio-medical waste management and Biomedical waste management rules, 2016. Environment protection Act,1986.	
13	Disaster management Definition of disaster and disaster management. Effects of natural and man-made disasters.Epidemiologic surveillance and disease control measures	1
14	Occupational Health Definition of occupational health and Ergonomics. Occupational Hazards and Occupational diseases. Prevention and control of Occupational diseases . ESI Act ,1948 and The factories Act.1948. Role of Ayurveda in various Occupational health problems. The Merchant Shipping / Medical Examination Rules,2000	3
15	School health services Health problems of school children. Aspects of school health services.Duties of school medical officers. Healthy environment in the school.	2
16	Disinfection Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection. Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.	2
17	Primary health care Definition of Primary Health Care. Principles and elements of primary health care. Levels of health care. Structure of Primary health care at village, sub-center, Primary health center (PHC), Community health center (CHC) and Rural hospital levels. Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.	2
18	Mother and Child health care Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care.	1
19	Family welfare programme Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy.Definition of family planning, eligible couple and target couple. Objectives of family planning. Problems of population explosion . National population policy.Methods of Contraceptive (Fertility Regulating Methods).	2





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20	Preventive Geriatrics Health problems of the aged and prevention and control measures. Relation between lifestyle and healthy aging. Role of Rasayana in preventive geriatrics.	1
21	World Health Organization and International health agencies Definition of World Health organization. Structure, regions, and works of the World Health Organization. Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies. Contribution of the World health organization to the global acceptance of Ayurveda.	3
22	Vital Statistics Definition of Vital Statistics. Sources of Vital statistics. Fertility , Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	1
23	Health Administration Health administration including AYUSH at the Central, State, District, and Village levels.	2
24	National Health Programmes National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination program , Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National mental health program , National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) , Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM).National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.	7
25	National Health Policy National Health Policy (NHP) and the scope of Ayurveda in NHP.	1



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## Reference Books

S.No	Book	Resources
1	Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.- relevant Samhithas	Print /online samhithas
2	Swasthavritta Samucchaya	Vaidya . Rajeswaradutta shastri , Chaukhambha Viswabharathi, Varanasi, India
3	Swasthavrittavigyan	Dr.Ramaharsha singh , Chaukhambha Publishing house, Varanasi, India
4	Yoga sutras of Patanjali	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
5	Hathayogapradipika	Swami Muktibodananda , Published by Yoga publications trust, Ganga darshan, Munger, Bihar, India
6	Gheranda samhitha	Edited with Sweta , English commentary of Mrs.Shweta Bhat and Edited by Goswami Prahlad Giri, Published by Krishnadas Academy , Varanasi- 221001
7	Yoga deepika	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
8	Light on Yoga	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
9	Light on Pranayama -	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
10	The Foundations of Contemporary Yoga	Professor RH Singh , Published by Chaukhambha Sanskrit Pratishtan, Newdelhi ..



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11	Park's Text book of Preventive and Social Medicine	K.Park , Published by M/s BANARASIDAS BHANOT, LABALPUR, INDIA
12	Text book of Preventive and Social Medicine	MC Gupta & BK Mahajan, Published by JAYPEE BROTHERS , Medical publishers , Newdelhi
13	Dr. Reddy's comprehensive guide to Swasthavritta	Dr.P.Sudhakar Reddy , Published by Chaukhambha Sanskrit Pratishtan, New Delhii
14	Indian food composition Tables	T Longvah , Published by National institute of Nutrition, Hyderabad
15	Food and nutrition	Swaminathan , Published by Bangalore Printing & Publishing Co.Ltd, Bangalore
16	Swasthavrittasudha	Vd.Kashinath Samagandi, Published byb Ayurveda Sanskrit hindi pustak bhandar , Jaipur .

### Course Outcome:

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-SW At the end of the course AyUG-SW, the students should be able to-
CO1	Demonstrate application of principles of Swasthavritta in lifestyle modifications.
CO2	Assess the health status and advise preventive & promotive measures according to Ayurveda principles
CO3	Demonstrate and advise Yoga and Naturopathy as health promotive and disease preventive regimen



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CO4	Understand and apply the principles and components of primary health care and health policies to achieve the goal of health for all
CO5	Advocate and propagate preventive principles of Ayurveda and contemporary sciences through Information, Education and Communication(IEC)
CO6	Conduct community surveys and apply epidemiological principles for the assessment of health & morbidity as a community physician
CO7	Understand and apply the principles of environmental health and its effects on public health with control measures
CO8	Demonstrate skills and research aptitude for the promotion of health and prevention of diseases

### Mapping:

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-SW At the end of the course AyUG-SW, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	Demonstrate application of principles of Swasthavritta in lifestyle modifications.	PO1,PO2,PO4,PO6
CO2	Assess the health status and advise preventive & promotive measures according to Ayurveda principles	PO3
CO3	Demonstrate and advise Yoga and Naturopathy as health promotive and disease preventive regimen	PO1,PO4
CO4	Understand and apply the principles and components of primary health care and health policies to achieve the goal of health for all	PO2,PO5







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CO5	Advocate and propagate preventive principles of Ayurveda and contemporary sciences through Information, Education and Communication(IEC)	PO8
CO6	Conduct community surveys and apply epidemiological principles for the assessment of health & morbidity as a community physician	PO2,PO5
CO7	Understand and apply the principles of environmental health and its effects on public health with control measures	PO3,PO4
CO8	Demonstrate skills and research aptitude for the promotion of health and prevention of diseases	PO9



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## AyUG-RN

### Roga Nidan evam Vikriti Vigyan

#### Course Objectives:

1. To provide basic understanding about methodology of Roganidana and vikrutivijnana
2. To provide knowledge about recent developments in clinical diagnostics
3. To provide complete knowledge about bedside clinics
4. To provide knowledge about present day investigatory techniques with clinical interpretation
5. To provide knowledge about various laboratory test with its steps and calculation

S. NO	Topics	Lecture Hours
1	Roga nidana – Pathophysiology and clinical diagnosis	1
2	Pareeksha Roga and Rogi Pareeksha	1
3	Methods of Rogi pareeksha	4
4	Sapeksha nidana - Vyavacchedaka nidana Sapeksha nidana - Vyavacchedaka nidana of Ukta/Anukta vyadhi: Methods of differential diagnosis	1
5	Upashaya/ Anupashaya	1
6	<b>Dosha Vikriti</b> A. Nidana (Vyadhi janaka hetu) B. Agni bheda and Vikriti C. Dosha Vriddhi, Kshaya and Dushta Karma, Ashyapakarsha, Avarana, Samsargaja, Sannipataja. D. Dosha swabhava - Nityasamshleshita (Leena) dosha and Paricchedita dosha E. Paridhavamana dosha	3
7	<b>Doshagati and Rogamarga</b>	1



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8	<b>Srotodushti</b> Samanya sroto dusti nidana and lakshana	1
9	<b>Concept of Ama</b> A. Samanya nidana, and Samanya lakshana B. Bheda (Annarasa. Mala sanchaya (Dhatwagni mandya janit). Dosha dushti)	2
10	<b>Assessment of Ama</b> Sama and nirama dosha lakshana, Pureesha lakshana	0
11	<b>Sthana samshraya – Poorvaroop</b>	1
12	<b>Dushya dushti</b> A. Dhatu and mala vridhhi kshaya lakshana B. Specific Sroto dusti lakshana in relation to Dosha, Upadhatu, Mala, Indriya, Avayava, and Mana dushti lakshana	9
13	<b>Samprapti</b> A. Samprapti bheda B. Vyadhi janma and Vyadhi janya	1
14	<b>Rupa</b> Pratyatma/ Samanya/ Vishishta Rupa	1
15	<b>Vyadhinamakara</b>	1
16	<b>Vyadhi</b> A. Definition, B. Classification – Dwividha/ Trividha/ Chaturvidha/ Saptavidha (Adibala/ Sahaja - Genetic, Janmabala/ Garbhaja - Congenital, Dosha bala/ Jataja - Acquired, Sanghatabala/ Peedaja - Traumatic, Daivabala/ Prabhavaja - Iatrogenic, Kalabala/ Kalaja – Environmental and Geriatric, Swabhava balapravrutta), etc.	4
17	<b>Ashtanindita (Endocrine disorders)</b>	1
18	<b>Janapadodhwamsa vikara (Pandemic disorders)</b>	1
19	<b>Nidanarthakara Vyadhi, Vyadhisankara</b>	1
20	<b>Vyadhikshamatva</b> A. Vikaravighata Bhava & Abhava, Satmya B. Ojus - Bheda – Two types and Four types C. Dosha Paka D. Immunity E. Healing/repair	2



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21	. Rogi bala Pareeksha	2
22	<b>22. Dhatu Paka</b> A. Dhatu pakaB. Ojodusti lakshana C. Asatmya - Immune pathologyD. Cell Injury and Cellular adaptations E. Inflammation F. Haemodynamic disorders G. Neoplasia	12
23	<b>Infection and Nutritional disorders</b>	4
24	<b>Upadrava</b>	1
25	<b>Arishta</b>	1
26	<b>Vyadhi bala pareeksha</b>	1
27	<b>Sadhyasadyatva – Prognosis</b>	1
28	<b>Digital health and Artificial intelligence in the context of Roganidana</b>	1
29	<b>Agnimandya – Ajeerna, Anaha, Adhmana, Atopa</b>	1
30	<b>Chhardi</b>	1
31	<b>Amlapitta</b>	2
32	<b>Shoola</b> Parinama Shoola, Annadrava Shoola	1
33	<b>Atisara, and Pravahika</b>	3
34	<b>Grahani</b>	2
35	<b>Visuchika, Alasaka, Vilambika</b>	1
36	<b>Common GIT diseases</b> Ulcerative dyspepsia and Non-ulcerative dyspepsia, Irritable Bowel Syndrome, Inflammatory Bowel Diseases	1
37	<b>Mutrakrichhra</b>	2
38	<b>Mutraghata</b>	3
39	<b>Common Urinary diseases</b> Urinary Tract Infection, Prostatomegaly, Nephrotic syndrome, Nephritic syndrome, Acute Kidney Injury and Chronic Kidney Disease	1





40	<b>Hikka</b>	1
41	<b>Shwasa</b>	2
42	<b>Kasa</b>	2
43	<b>Rajayakshma &amp; Shosha</b>	3
44	<b>Common lung disorders</b> Pneumonia, Chronic Obstructive Pulmonary Disease, Pleural effusion, Bronchiectasis	1
45	<b>Jwara</b> Jwarabheda - Doshaja and Agantuja (Abhishanga jwara), Vishama Jwara, Punaravartaka Jwara, Jwara avastha - Ama, Pachyamana and Nirama Jwara	4
46	<b>Masurika – Romantika</b>	1
47	<b>Fever</b> A. General mechanism of Fever. B. Introduction to Eruptive fevers - Measles, Chicken pox, Rubella, Hand foot mouth disease, Herpes zoster C. Parasitic fevers – Filariasis, Malaria, D. Detailed description of Common infective fevers – Typhoid, Dengue, Influenza, Chikungunya, E. Common regional disorders presenting with fever	1
48	<b>Pandu</b>	2
49	<b>Raktapitta</b>	1
50	<b>Hematopoietic diseases</b> Anaemia, Nutritional anaemia, Thalassemia, Sickle cell Anaemia, Leukaemia, Thrombocytopenia	1
51	<b>Hridroga</b>	1
52	<b>Shotha</b>	2
53	<b>Cardiovascular disorders</b> Coronary Artery Disease (Ischemic Heart Disease, and Myocardial Infarction) and Congestive cardiac failure	1
54	<b>Kamala</b>	2







55	<b>Udara Roga</b>	2
56	<b>Hepatobiliary diseases</b> Liver cirrhosis, Alcoholic and Non - Alcoholic LiverDisease, Hepatitis, Jaundice and Ascites	1
57	<b>Kushtha - Maha Kushtha &amp; Kshudra Kushtha</b> (According to Charaka)	3
58	<b>Sheetapitta</b>	1
59	<b>Shwitra</b>	1
60	<b>Visarpa</b>	2
61	<b>Skin diseases</b> Allergic disorders - Eczema, Urticaria; Squamous lesions -Psoriasis, Lichen planus; Bullous lesion – Pemphigus and Pemphigoid; Mycotic skin diseases; Leprosy; Vitiligo; Cellulitis	1
62	<b>Galaganda</b>	1
63	<b>Thyroid disorders</b> Hypothyroidism and hyperthyroidism	1
64	<b>Sthoulya – Karshya</b>	1
65	<b>Obesity</b>	1
66	<b>Prameha</b>	2
67	<b>Diabetes Mellitus and Pancreatitis</b>	1
68	<b>Vatavyadhi</b> Samanya nidana, Samanya purvarupa, Samanya lakshana	1
69	<b>Snayugata vata</b> Snayugata vata, Akshepaka – Apatanaka; Ardita, Pakshaghata, Kampavata, Gridhrasi, Vishwachi, Pangutwa	4
70	<b>Common neurologic and spine disorders</b> Common neurologic diseases: Parkinson's disease, Stroke, Bell's Palsy, Motor Neuron Disease, Transverse myelitis, Epilepsy (Organic). Common Spine disorders: Lumbago- Sciatica syndrome, Brachial neuralgia, Cervical and LumbarSpondylosis	2





71	<b>Sandhigatavata and Asthi majja gata vata</b> Sandhigatavata, Katigraha, Manyasthambha, Vatakantaka, Avabahuka, Amsashosha	1
72	<b>Diseases of bone, joints, and muscles</b> Diseases of bone and Joints - Osteoarthritis, Osteoporosis. Frozen Shoulder, Calcaneal spur/ Plantar fasciitis, Tennis elbow, Carpel tunnel syndrome; Muscular diseases - Muscular Dystrophy	1
73	<b>Amavata</b>	2
74	<b>Vatarakta</b>	2
75	<b>Immunological &amp; Metabolic disorders</b> Rheumatic fever, Rheumatoid arthritis, SLE, Ankylosingspondylitis, Gout	1
76	<b>Klaibya &amp; Vandhyatva</b>	1
77	<b>Sexual dysfunction and Infertility</b>	1
78	<b>Unmada &amp; Apasmara</b>	3
79	<b>Vishada</b>	1
80	<b>Murchha, and Sanyasa</b>	1
81	<b>Common Psychiatric diseases</b> Depression, Anxiety neurosis and Epilepsy (Non-organic)	1
82	<b>Phiranga and Upadamsha</b>	1
83	<b>Syphilis &amp; Gonorrhoea</b>	1
84	<b>Krimiroga</b>	1
85	<b>Clinical presentation of common parasitic disorders</b> Hook worm, Round worm, Thread worm, Pin worm	1
86	<b>Khalitya &amp; Palitya</b>	1
87	<b>Shleepada</b>	1
88	<b>Tuberculosis</b>	1





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## Reference Book

S.No	Book	Resources
1	Madhava Nidana	Srikanta Murthy KR. Madhava Nidanam (Rogaviniscaya) of Madhavakara. Varanasi: Chaukhambha Orientalia; 2013
2	Charaka Samhita	Agnivesh, Charaka, Dridhbala . Reprint. Varanasi: Chowkhamba Sanskrit Series Office; 2009. Charaka Samhita
3	Susruta Samhita	Acharya YT, editor. Sushruta Samhita of Sushruta. Reprint ed. Varanasi: Chaukhambha Orientalia; 2017
4	Ashtanga Hrudaya	Sadashiva HS, editor. 1st ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Astanga Hrudaya of Vagbhata
5	Ashtanga Sangraha	Vagbhata. Ashtanga Sangraha. Edited by Shivprasad Sharma. Chowkhamba Sanskrit series office, Varanasi
6	Roga vigyan evum vikruti vigyan	Yashwant Govind Joshi
7	Roganidan evum vikruti vigyan	Prof. Ajay Kumar Sharma; Chaukhambha Bharati Academy
8	Textbook of Ayurvediya vikrti-vijnana & Roga Vijnana	Dr. Parameswarappa S. Byadgi; Chaukhambha publications, New Delhi
9	Textbook of Pathology with Pathology Quick Review and MCQs	2018; Jaypee Brothers Medical Publishers; Harsh Mohan
10	A guide to pathology	Jaypee Brothers Medical Publishers; Eighth edition (2005); K Chaudhary
11	Robbins & Cotran PathologicBasis of Disease	10th Edition - May 11, 2020; Kumar, Abbas, Aster; Elsevier publishers
12	Davidson's Principles andPractice of Medicine	24 <sup>th</sup> Edition 2022 by Ian Penman (Editor), Stuart H. Ralston (Editor), Mark Strachan (Editor), Richard Hobson (Editor); Elsevier publishers



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13	A textbook of pathology	N.C Dey & T. K Dey; NCBA publisher 2009
14	Boyds Textbook of Pathology	10th Edition by J R Bhardwaj, Prabal Deb (Author), Wolters Kluwer India (Publisher)
15	Kundu's Bedside Clinics in Medicine	2020; KSP Udyog Publisher; Arup Kumar Kundu
16	P. J. Mehta's Practical Medicine	21st Edition – 2021; The National Book Depot; Nihar P Mehta, SP Mehta, SR Joshi
17	Macleod's Clinical Examination	13 <sup>th</sup> Edition, 2013 by J. Alastair Innes, Anna R. Dover, Karen Fairhurst
18	Clinical Methods in Medicine :Clinical Skills and Practices	2015; Jaypee Brothers Medical Publishers; S. N. Chugh, Eshan Gupta

### Course Outcome

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-RN At the end of the course AyUG-RN, the students should be able to-</b>	<b>B1 Course learning Outcomes matched with program learning outcomes.</b>
CO1	Identify the morbidities in accordance with principles of Ayurveda pathology (vikriti vigyan siddhanta)	PO1
CO2	Describe the basic, general, and systemic pathological process thereby applying it in reaching a diagnosis	PO2,PO3
CO3	Perform appropriate clinical examination (pareeksha) utilizing Ayurveda and contemporary principles (samakalina siddhanta)	PO2,PO3,PO4
CO4	Order and interpret various diagnostic laboratory investigations and imaging	PO2,PO3
CO5	Diagnose and present the case with clinical reasoning (naidanika tarka)	PO5





CO6	Follow and advise advancements in diagnosis (vyadhi vinischaya) and prognosis (sadhya asadhyata) in clinical practice (naidanika adhyayana)	PO7
CO7	Communicate effectively with the patient (rugna), relatives (bandhujan) and other stakeholders (anya hita dhaaraka)	PO8
CO8	Demonstrate ethics (sadvritta), compassion (karuna) and possess qualities of a clinician (vaidya guna)	PO6,PO9

### Mapping of Course and Programme Outcome

SR1 CO No	A1 Course learning Outcomes (CO) AyUG-RN At the end of the course AyUG-RN, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	Identify the morbidities in accordance with principles of Ayurveda pathology (vikriti vigyan siddhanta)	PO1
CO2	Describe the basic, general, and systemic pathological process thereby applying it in reaching a diagnosis	PO2,PO3
CO3	Perform appropriate clinical examination (pareeksha) utilizing Ayurveda and contemporary principles (samakalina siddhanta)	PO2,PO3,PO4
CO4	Order and interpret various diagnostic laboratory investigations and imaging	PO2,PO3
CO5	Diagnose and present the case with clinical reasoning (naidanika tarka)	PO5
CO6	Follow and advise advancements in diagnosis (vyadhi vinischaya) and prognosis (sadhya asadhyata) in clinical practice (naidanika adhyayana)	PO7
CO7	Communicate effectively with the patient (rugna), relatives (bandhujan) and other stakeholders (anya hita dhaaraka)	PO8
CO8	Demonstrate ethics (sadvritta), compassion (karuna) and possess qualities of a clinician (vaidya guna)	PO6,PO9







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## PRASUTI TANTRA EVUM STRI ROGA

**FAB130103**

### Course Objectives:

- Acquire the knowledge of Stree sharira vigyana (Female Reproductive system)
- Application of basic principles of Prasooti tantra & Streeroga with relevant clinical entities
- To implement Ayurveda treatment modalities in various Gynaecological conditions

S. N O	Topics	Lectur e Hours
1	<b>SHARIRAVIJNA N</b> Etymological origin of the word Stri. Artava vaha and Stanyavaha strotamsi. Tryavarta yoni Stri Vishishta, Peshi Marmani.  Anatomy of female reproductive system. (External and internal genital organs) Soft & Bony Pelvis and its obstetrical importance. DESIRABLE (non detail) Vayobhedena Stri sangnya	6
2	<b>RAJOVIGYA NA</b> Description of Raja, Artava and Prathama Rajo Darshana, Rajasvala Charya. Ritumati Lakshana, Ritumati Charya, Ritukala  Menarche, Menstrual cycle and their regulation by endocrine glands, Ovulation – Importance in conception DESIRABLE (non detail) Concept of Stri Sukra	9



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3	<p><b>GARBHA VIGYAN A</b></p> <p>a) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha Sambhava samagri, Garbhakara bhava, Panchabhautikatwa of Garbha, Masanumasika Vridhi of Garbha, Garbha Poshana , Garbhasayasthe Garbhasthiti</p> <p>Foetal attitude, lie, position, presentation</p> <p>b) Aparā, GarbhaNabhinadi, Jarayu, Ulba</p> <p>Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid</p> <p>Foetal membranes -Abnormalities of PlacentaDESIRABLE (non detail)</p> <p>Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti</p>	12
4	<p><b>GARBHINI VIGYANA</b></p> <p>a) Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha, Pumsavana vidhiDiagnosis of Pregnancy</p> <p>b) Garbhini vyavastha: Garbhini Paricharya, Garbha Upaghatakara Bhava, DauhridaAnte Natal care-Examination, Investigation and Management</p> <p>c) Garbha Vyapada: Nidana, Samprapthy and Chikitsa Garbhasrava and Garbhapata-Garbha shosha-Upavishtaka, Nagodara, Upashushka, Leena garbha, Antarmrita garbha, Raktagulma, Bahugarbhatha</p> <p>d) Abortions, Rh-incompatability-</p> <p>Causes, clinical features, complications and management.</p>	20





	Gestational trophoblastic neoplasias, Ectopic pregnancy, IUGR, Intrauterine foetal death, Multiple pregnancy	
5	<p><b>GARBHINI VYAPAD</b></p> <p>a) Hrillasa, Chardi, Aruchi, Atisara, Vibandha, Arsa, Udavarta, Sotha, Parikarthika, Vaivarnya, Kandu, Kikkisa, Pandu, and Kamala, makkala</p> <p>b) Common ailments of Pregnancy-High Risk Pregnancy, Emesis gravidarum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Jaundice, AIDS,</p> <p>Ante Partum Hemorrhage causes, clinical features complications and Management</p>	26
6	<p><b>PRASAVA VIGYANA</b></p> <p>a) Prasava Paribhasha, Prasavahetu, Prasavkaala, Sutikagaranirmana, Sangrahaniya Dravyani, Sutikagara pravesavidhi.</p> <p>b) Prasavavastha; Prajayani/ Upasthita Prasava/ Asannaprasava lakshana, Aavi. Prasavaparicharya, Jatamatraparicharya</p> <p>c) Normal Labour:-Definition of Labour, Physiology &amp; Mechanism of Labour, Monitoring of Labour and management, Pictogram, Episiotomy, care and resuscitation of newborn.</p>	14
7	<p><b>PRASAVA VYAPAD</b></p> <p>a) Garbhasanga, Yonisamvarana, Aparasanga, Mudagarbha-definition, Nidana, Types &amp; Management</p> <p>b) Induction and augmentation of labour, Cervical dystocia, Cephalopelvic</p>	12



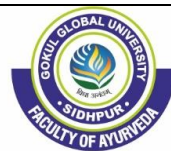


	<p>disproportion, Prolonged labour, Preterm labour, Post term labour, foetal distress, Assisted Labour, Caesarian</p> <p>c) Retention of Placenta, PPH - causes, clinical features and management, Genital tract Injuries during labour</p> <p>DESIRABLE (non detail) Uterine Inversion, Amniotic Fluid Embolism, Garbhasthithi parivarthan (Version), Forceps Delivery, Ventouse Delivery.</p>	
8	<p><b>SUTIKA VIGYANA</b></p> <p>a) Sutika Paribhasha, Sutika Kaal, Sutika paricharya. Changes during sootikaavastha (Sareerika &amp; Manasika)</p> <p>Normal and abnormal Puerperium and its Management</p> <p>b) Sutika Roga – Number of Sutika Roga, Sutika Jwara, Shotha and Makkala.</p> <p>c) Stanyavijnan- Sthanyadushti, Sthanyakshaya, Sthanyavidhi -their causes, clinical features and treatment</p> <p>d) Emergency care in obstetrics</p> <p>DESIRABLE (non detail) Stana stanya – Pareeksha, Stanya sampat.</p>	8
9	<p><b>ARTAVA VYAPAD</b></p> <p>a) Artava-kshaya vridhi, Ashtartavadushti lakshana chikitsa, Asrigdara lakshana samprapti Chikitsa</p> <p>b) Menstrual disorders- Amenorrhoea, hypomenorrhoea,</p>	6





	Oligomenorrhoea, Dysmenorrhoea, Abnormal uterine Bleeding	
10	<b>YONI VYAPAD</b> Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa Endometriosis, Fibroid uterus, Genital Prolapses, Retroverted Uterus, Pelvic infections, Cervical erosion, Pelvic Inflammatory Diseases	15
11	<b>VANDHYATWA</b> – Prakar, Nidana, Chikitsa Infertility – Causes, Types, Investigations and Management. Yoni Kanda, Yoni Arsa, Granthi, Arbud,  Pelvic Infections including Sexually Transmitted Infections, HIV, AIDS, Preventive measures. MENOPAUSE-changes during menopause, menopause syndrome, management. DESIRABLE (non detail) Congenital malformations of female genital tract. Sukra vijnan – kshaya, vridhi, dushti hetu lakshana and chikitsa Benign and Malignant tumours of Genital Tract	15
12	<b>STANA ROGA</b> a) Stanakeela- nidana lakshana chikitsa, Stanagranthi, Stanavidradhi, Stanashoph Mastitis, Breast abscess, Galactoceles - Etiopathology, clinical features, diagnosis, prognosis and complications b) Sthanik Chikitsa Snehana, Swedana, Uttarabasti, Pichu, Varti, Lepana, Dhupana, Dhavana, Dahana, Ksharakarma -. Practical knowledge of all these procedures along with indications, complications and management.	8







<b>13</b>	<p><i>Shastra Karma</i></p> <p>Surgical procedures their Indications, Contraindications of cauterization of cervix, cervical dilatation and curettage, female surgical sterilization</p> <p>Knowledge of indication and procedure of PAP smear. Endometrial biopsy and interpretation of the reports</p> <p>Stri roga Sambandhita Pramukha Aushadhyai, Prasuti &amp; Stri Roga Chikitsa Upayogi Yantra Shastra Parichaya and Vyadhivinishchaya Upaya (Investigative and Diagnostic Aids)</p> <p>Garbhanirodhaka Upaya.</p> <p>Parivar Niyojana, Reproductive and Child Health Care, AIDS/HIV control Programme, MCH, PNDT Act, MTP Act, and importance of current National Programme</p> <p>Knowledge of important Commonly used Ayurvedic and Allopathic drugs used in Prasutitantra and Streeroga. Pharmacotherapeutics of allopathic drugs in obstetrics and Gynaecology</p> <p>Record keeping, ethical and medicolegal issues in Streeroga and prasutitantra</p> <p>DESIRABLE (non detail)</p> <p>Laprosopy, hysteroscopy, hysterosalpingography, USG, X-RAY, Colposcopy, Cervical Biopsy. Granthi evum Granthi nirharan samanyajnan (Myomectomy, hysterectomy)</p>	<b>11</b>
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**Reference Books :**

Sl. NO	Name of the book	Author name
1	Prasutitantra Evum Streeroga	Dr.(Km)P.V.Tewari
2	Prasuti Vigyana	Acharya Ramanath Dwivedi
3	Ayurvedic concepts in Gynaecology	Nirmala G Joshi
4	PrasutiVigyana	Manjari Dwivedi
5	Prasuti Tantra	Gayatri Devi
6	Preconceptional care in Ayurveda	Usha V N K
7	Streeroga Vijnana	Usha V N K
8	Prasuti Vijnana	Usha V N K
9	A comprehensive treatise on Prasuti tantra	Hemalatha Kapoorchand
10	Ayurvediya Striroga Vijnana	A Sulochana
11	AbhinavaPrasutiVigyana	Ayodhya Prasad Achal
12	StrirogaVigyana	Vd. RamanathDwivedi
13	Abhinava StrirogaVigyana	Ayodhya Prasad Achal
14	Charak samhita	Chakrapani
15	Charak samhita	Gangadhar
16	Sushruta Samhita	Dalhanacharya
17	Sushruta Samhita	Ambikadatta Shastri
18	Sushruta Samhita	Ambikadatta Shastri
19	Astanga Hrudaya	Arunadatta Hemadri
20	Astanga Sangraha	Indu
21	Sharangadhara Samhita of Sharangadharacharya	Prabhakar Rao G



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22	Garbha vignyana	Siddeshwar Satuva
23	D.C.Dutta's Textbook of Obstetrics	Hiralal Konar
24	D.C.Dutta's Textbook of Obstetrics	Hiralal Konar
25	Dutta's Bedside Clinics and Viva Voce in Obstetrics & Gynaecology	Hiralal Konar
26	Menon's clinical Obstetrics	Mudaliar .A .L. Krishna Menon Mudaliar



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27	Text Book of Gynecology	C.S. Dawn
28	Text Book of Obstetrics	C.S. Dawn
29	Shaws Textbook of Gynaecology	Padubidri V G Daftary S N
30	Textbook of Obstetrics	Shirish Daftary Sudip Chakravarti
31.	Textbook of Obstetrics	Sudha Salhan
32	Text Book of Gynecology	Sudha Salhan
33	Textbook of Obstetrics	Balkrishnan Sheila
34	Bedside Obstetrics & Gynaecology	Richa Saxena
35	Instruments and Procedures in Obstetrics and Gynaecology	Agarwal Kiran
36	Practical Obstetrics and Gynaecology	Virkud Ajit

**Course Outcome :**

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) At the end of the course, the students should be able to-</b>
CO1	• Develop skills to examine a pregnant woman, assess labour progress & anticipate complications and management.
CO2	• Observe Puerperal changes and disorders of puerperium with management by Ayurvedic or integrative approach as per the need
CO3	• Develop skills to identify Obstetric Emergencies and timely referral to higher centre





CO4	• Develop skills to practice Ayurveda treatment modalities in Gynaecological conditions
CO5	• Develop good communication skills which will help to seek appropriate medical attention
CO6	• Valuing high moral and ethical standards while history taking and examination

### Mapping CO and PO

SR1 CO No	A1 Course learning Outcomes (CO) At the end of the course, the students should be able to-	B1 Course learning Outcomes matched with program learning outcomes.
CO1	• Develop skills to examine a pregnant woman, assess labour progress & anticipate complications and management.	PO1
CO2	• Observe Puerperal changes and disorders of puerperium with management by Ayurvedic or integrative approach as per the need	PO2, PO3
CO3	• Develop skills to identify Obstetric Emergencies and timely referral to higher centre	PO2, PO3, PO4
CO4	• Develop skills to practice Ayurveda treatment modalities in Gynaecological conditions	PO2, PO3
CO5	• Develop good communication skills which will help to seek appropriate medical attention	PO5
CO6	• Valuing high moral and ethical standards while history taking and examination	PO7







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## **KAUMARBHRITYA (Ayurvedic Pediatrics)**

**FAB130104**

### **Course Objectives:**

- i) To enable the students to achieve academic excellence in Kaumarbhritya
- ii) To enable evidence based research data on various practices of Kaumarbhritya

<b>S. NO</b>	<b>Topics</b>	<b>Lecture Hours</b>
1	General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya	1
2	Scientific contribution of Kashyapa Samhita in Kaumarbhritya	1
3	Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.	1
4	Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age.	2
5	Navajata Shishu Paricharya (Neonatal Care): Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures- Ayurvedic and modern view).	3
6	Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination	1
7	Navajata Shishu Poshana (infant feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stanya-Sampat (Properties of normal	3



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	breast milk) Stanyotpatti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Techniques of breast feeding), Stanyakshaya- Stanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)- Stanyabhava dugdh Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.	
8	Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).	1
9	Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief monthwise development of fetus), Milestones of development during infancy and childhood including conceptsof various Samskaras.	3
10	Poshana (Nutrition): Normal requirements of nutrients and common food sources.	1
11	Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).	2
12	Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi.	1
13	Prashan & Lehana: Indications, contra-indications, different drugs used in lehana	2
14	Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program and other programs incorporated by Govt. of India from time to time	2
15	Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).	2



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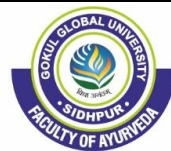
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16	General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations(drug doses according to age, weight and drug contents)	1
17	Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.	1
18	Prasava Kaleena Abhighata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidanum and Cephalohaematoma), Facial Paralysis, Erb's Paralysis, Bhagna (fractures).	2
19	Brief description of Sahajavyadhi (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate) Sanniruddha Guda (Anal stricture / imperforated anus), Pada Vikriti (Talipes equinovarus and valgus), Spina bifida, Meningocele, Meningomyelocele.	3
20	Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes).	2
21	Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata (Neonatal Septicemia)	2
22	Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)	1
23	Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency disorders, Hyper-vitaminosis, failure to thrive.	3
24	Aupasargika Vyadhi (Infectious Diseases): Karnamula Shotha (Mumps), Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria), Kukura-Kasa (Whooping Cough), Dhanurvata (Tetanus), Krimiroga (Worm Infestations), Antrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Rajayakshma (Tuberculosis), Jivanujanya Yakrit Shotha (Hepatitis) Srotas Vikara:2 a) Pranavaha Srotas: Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial	3



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	<p>Asthma), Utphuliika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, Laryngitis), Talukantaka (Tonsillitis)</p> <p>b) Annavaha Srotas: Ajirna (Indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshula (Infantile Colic), Pravahika (Dysentry), Gudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).</p> <p>c) Rasavaha Srotas: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).</p> <p>d) Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly).and Piechodara (Spleenomegaly)</p> <p>e) Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical Lymphadenopathy).</p> <p>f) Mutravaha Srotas: Shopha in Vrikka (Glomerulonephritis and Nephrotic syndrome)</p>	
25	Anya Bala Vikara (Miscellaneous Pediatric Disorders), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.	2
26	Behavioral Disorders of Children, their management and counseling: Breath holding spell, Shayyamuutra (Bed wetting), Pica, Unmada, Autism, ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa (Mental retardation).	2
27	Pran raksha vidhi (Life saving measures in children): Principles of management of Shock and Anaphylaxis, Poisoning, Foreign body in respiratory tract, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus, Fluid and Electrolyte Management.	2
28	Balagraha: General description, classification, clinical features and management.	2





#### Reference Books

1. Kashyapa Samhita Complete Hindi translation by SatyapalVidhyalankara English translation by Prof. Premvati Tiwari
2. Principles & practice of Pediatrics in Ayurveda: Dr. CHS Shastri
3. Child Health Care in Ayurveda: Prof. Abhimanyu Kumar
4. Ayurvedic Concepts of human Embryology: Prof. Abhimanyu Kumar
5. Kaumarbhritya by Prof. D.N. Mishra
6. Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam VaigyanikaAdhyana by Prof. Chanchal Sharma
7. Notes on Kaumarbhritya-by Dr. Dinesh K S
8. Pran - Pratyagannanann-by Dr. B.M. Singh
9. Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KSPatel,V.K.Kori & Raigopal
10. Kaumarbhritya related references from Charaka Samhita, SushrutaSamhita Vagbhata etc.
11. Clinical Methods in Paediatrics by Meharban Singh
12. Pediatrics Emergencies by Meharban Singh
13. Essential Pediatrics O,P. Ghai
14. Text Book of Pediatrics Nelson
15. Care of New Born by Meharban Singh
16. Panchakarma in Pediatrics Dr. Yogita Srivas

#### Course Outcome :

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-
CO1	Manage the pediatric patient as per the principles of Ayurveda
CO2	Promote Child Health in the Society as per Ayurvedic Principles
CO3	Identification of problems suffered by Children and their remedies



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### Mapping Course Outcome and Programme Outcome

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
CO1	Manage the pediatric patient as per the principles of Ayurveda	PO1
CO2	Promote Child Health in the Society as per Ayurvedic Principles	PO2,PO3
CO3	Identification of problems suffered by Children and their remedies	PO3,PO4



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## **CHARAK SAMHITA- UTTARARDHA**

**FAB130105**

### **Course Objectives:**

1. To provide elaborative, sufficient and intellectual knowledge of Ayurveda.
2. To provide knowledge about preventive and curative measures.
3. To provide knowledge about prognostics aspects.

S. No	Topic	Lecture Hours
1	Chikitsa sthana	110
2	Kalpa sthana	3
3	Siddhi sthana	11

### **Reference Books:**

1. Charak Samhita -Chakrapani Tika (Sanskrit Commentary)
2. Charak Samhita (Hindi Commentary) Vd. Jayadev Vidyalankar or Vd. Atridev Vidyalankar or Prof. Gorakh Nath Chaturvedi & Kashinath Shastri or Dr. BrahmanandTripathy or Dr. Ravidutta Tripathy
3. Charak Samhita (English Commentary): Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.

### **Course Outcome:**

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-
CO1	Realize theoretical concepts of evidence-based practice.



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CO2	Understanding and Implementation of basic principles of Ayurveda in day-to-day practice.
CO3	Comprehend the causation theory in every aspect of life including normal & abnormal conditions in human body.
CO4	Evaluate the critical analysis of Chikitsa Sutra

**Mapping of Course and Programme Outcome:**

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
CO1	Manage the pediatric patient as per the principles of Ayurveda	PO1
CO2	Promote Child Health in the Society as per Ayurvedic Principles	PO2,PO3
CO3	Identification of problems suffered by Children and their remedies	PO4,PO5
CO4	Evaluate the critical analysis of Chikitsa Sutra	PO6, PO7





## KAYACHIKITSA

FAB140101

### Course Objectives:

- i) To enable the students to understand the importance of Ayurvedic Principles in the context of diagnosis and treatment of the patient.

S. No	Topic	Lecture Hours
1	Derivation of the terms 'Kaya', 'Chikitsa' and their definitions and synonyms. Definition of 'Kayachikitsa', Definition of 'Bheshaja'. Types and detailed description of Bheshaja and Chikitsa, Knowledge about Chikitsa Chatushpada, Rogi Roga Pariksha Siddhantha, Astasthan Pariksha.	5
2	Importance of Kriya Kaala according to stages of Dosha and their management	5
3	Chikitsa sutra and Management of vridhhi (increased) and kshaya (decreased) of Dosha, Dhatu and Mala, Ojo Vyapat (Kshaya, Visramsa and Vyapat) and its management. Chikitsasutra and Management of Sama-Nirama states, Roga-Anutpattikara Chikitsa, Roga Prashamana Chikitsa (Doshapratyanika, Vyadhipratyanika, Ubhayapratyanika), Doshopakrama, Chikitsa sutra and Management of Sthanantara Dosha (Ashayapakarsha, Anuloma/Pratiloma gati of Dosha, Vimarga gamana of Dosha), Knowledge of Lina Dosha & its management, Diagnosis, Chikitsa Sutra and Management of Avarana and of Dhatu Pradoshaja diseases, Importance of Dosha, Dushya, Bala, Kaala, Agni, Prakriti, Vaya, Sattva Satmya, Desha, Ahara and stage of diseases in treating them. Chikitsa Sutra and Management of 'Samanyaja and Nanatmaja' diseases.	15
4	Detailed description of Dvidividhopakrama (Santarpana and Apatarpana) and Shadavidhopakrama (Rookshana, Snehana, Swedana, Sthambhana, Langhana and Brimhana). Detailed description of Shodhana, Shamana and Nidana Parivarjana. Knowledge of Aushadha matra, Sevan kaala and Anupana,	10



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	Definition and Knowledge of Pathya-Apathya with examples of diseases of various systems	
5	Derivation of the term 'Manas', its sthana (place), Guna (qualities) and Karma (functions). Samanya Chikitsa Siddhanta of Manasa Roga.	10
6	Principles & Management of Nutritional deficiency disorders.	5
7	Management of Vardhakyajanita vikara, Indriyapradoshaja vikara, Alzhiemer's Disease, Sleep disorders, General debility.	10
8	General introduction and principles of Management of diseases produced by Genetic, Environmental and Iatrogenic factors. Disorders due to drug and Food allergy and their management and other allergic conditions.	10
9	Detailed description of Chikitsa Sutra and Management of Jwara and its types. Etiopathogenesis & relevant Ayurvedic and Modern management of following types of Fevers-Typhoid, Pneumonia, Pleurisy, Influenza, Mumps, Meningitis, Encephalitis, Tetanus, Yellow fever, Plague, Dengue Fever, Chikun Guniya, Leptospirosis, Viral Fever, Anthrax, Masurika (Small pox), Laghu Masurika (Chicken pox), Romantika (Measles).	15
10	Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as – Pandu, Amavata, Madatyaya, Hridroga, Hridshoola, Hypotension, Hypertension, Anaemia, Rheumatoid arthritis.	10
11	Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vatarakta, Plihadoshaja, Yakrut dosha, Haemolytic disorders, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta, Shvitra, Visarpa, Sheetaapitta, Udarda, Kotha and Kshudra Roga.	10
12	Knowledge of National Health Programmes and the relevant Ayurvedic Management of the following diseases enlisted by World Health Organisation- Malaria, Filariasis, Kala Azar, Leprosy, Tuberculosis, AIDS.	10
13	Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha, Physiotherapy and Rehabilitation.	5



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14	Diseases of different Endocrine Glands- such as Thyroid, Parathyroid, Pituitary, Pancreas and Adrenal glands and their management.	10
15	General introduction, types and Management of diseases caused by Vyadhi Kshamatwa Hinata (Immuno deficiency disorders), Auto Immune Disorders	5
16	Description and Management of following Emergency Conditions- Acute Haemorrhage, Hypertensive Emergencies, Acute abdominal pain (Renal colic, Biliary colic, Gastritis, Pancreatitis, Peritonitis and Appendicitis), Acute Abdomen, Anuria/ Oliguria, Congestive Heart Failure, Myocardial Infarction/Angina, Shock, Syncope, Convulsions, Hyperpyrexia, Hyperglycaemia, Hypoglycaemia, Asthmaticus, Acute respiratory Distress, Status Syndrome, Drowning and Electric shock.	10
17	Chikitsa sutra and Management of the diseases of Pranavaha Srotas such as - Kasa, Shwasa, Hikka, Rajayakshma, Urakshata, Parshwashoola, Bronchitis, Bronchiectasis, Emphysema and COPDs	15
18	Chikitsa sutra and Management of the diseases of Udakavaha Srotas such as- Shotha, Jalodara, Trishna, Water & Electrolyte Imbalance.	10
19	Chikitsa sutra and Management of the diseases of Annavaha Srotas such as – Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Vilambika, Visuchika, Chardi, Grahani, Amlapitta, Gulma, Shoola, Bhasmaka, Acid peptic disorders.	20
20	Principles of treatment and management of Vata Vyadhi such as - Pakshavadha, Ekangavata, Sarvangavata, Ardita, Avbahuka, Kati Graha, Manyastambha, Gridhrasi, Vishwachi, Khalli, Khanja, Pangu, Padaharsha, Padadaha, Vatakantaka, Kroshtukashirsha, Udavarta, Kampavata, Dhatugata and Ashayagata Avarana Vata, other Vata Rogas, Parkinsonism.	20



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21	Nidana and Chikitsa of Urusthambha, Gullian Barrie syndrome, Muscular Dystrophy, Myasthenia Gravis, Motor Neuron Diseases and Neuralgia.	15
22	Chikitsa Sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as- Gandamala, Galaganda, Mamsashosha, Arbuda, Apachi, Prameha, Sthaulya, Karshya, Diabetes Mellitus, Dyslipidaemia.	10
23	Chikitsa Sutra and Management of 'Asthi and Majjavaha Srotas such as Asthimajja Vidradhi, Asthisousharya, Asthi kshaya, Sandhigata Vata, Osteo Arthritis, Osteomyelitis, Osteoporosis, Osteopenia.	10
24	Chikitsa sutra and management of Shukravaha srotas such as Klaibya, shukralpata, shukradosha, kshina shukra, dhvajabhanga.	5
25	Chikitsa Sutra and Management of diseases of Mutravaha Srotas such as - Mutrakricha, Mutraghata, Ashmari, Cystitis, Nephritis, Nephrotic Syndrome, BPH, Renal Failure.	5
26	Chikitsa Sutra and Management of diseases of Purishavaha Srotas such as – Atisara, Pravahika, Arsha, Purishaj Krimi, IBS and Ulcerative Colitis.	5
27	Chikitsa Sutra and Management of Sexually Transmitted Diseases such as – Phiranga, Puyameha, Upadamsha, lymphogranuloma inguinale, Syphilis, Gonorrhoea.	5
28	Introduction, Definition and Management of Kama, Krodha, Lobha, Moha, Mada, Matsarya, Shoka, Bhaya, Vishada, Dainya, Harsha and Pragyaparadha.	5
29	Manas and Manovahasrotas, Nidana and Chikitsa of the following disorders - Unmada- Apasmara-Atattvabhinivesha, Chittodvega, Vishada, Anxiety disorders, Depression, Somatoform and Mood disorders, Stress induced disorders, Psychosexual Disorders. Importance of Daivavyapashraya, Sattwavajaya, Adravayabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Bhuta Vidya diagnosis and management of graha disorders.	5



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30	Derivation, definition and synonyms of Rasayana, importance of Rasayana and its benefits. Indications of Rasayana therapy. Classification of Rasayana. Kutipravesika and Vatatapika Rasayana. Indications of Vatatapika Rasayana. Knowledge of Kayakalpa, Achara Rasayana. Procedures of Kutipravesika, Poorvakarma and specific schedules to be followed after Kutipravesha, benefits of Kutipravesika Rasayana, duration of process, Rasayana yoga and directions for 10their use.Determination of dose of Rasayana according to age. Rules and regulation after Rasayana therapy, Importance of Immunomodulators and antioxidants in Rasayana therapy.	10
31	Vajikarana- Derivation, definition, synonyms, necessity, benefits, importance of fertility, Symptoms of Shûkra (Semen), Vajikaran Dravya and Aushadhi. Properties, doses, methods of administration, ingredients and methods of formation of Rasayana & Vajikarana formulation. Classification and importance of Vajikarana Dravya	10

### Reference Books:

1. Charak Samhita, Sushrut Samhita, Ashtanga Samgraha and Ashtanga Hridaya with their commentaries. Madhav Nidana with Madhukosha Commentary.
2. Ayurvediya Vyadhi Vigyana
3. Roga Pariksha Vidhi
4. Panchakarma Vigyan
5. Cikitsadarsha
6. Kayachikitsa I-IV
7. Ayurved Nidan Chikitsa Siddhanta
8. Kayachikitsa Vol. I-IV.
9. Davidson's Principles and Practice of Medicine.
10. API Text Book of Medicine.
11. Harrison's Text Bok of Medicine.
12. Cecil Text Book of Medicine.
13. Panchkarma Illustrated by Dr. G.Srinivasacharya.

- Yadavji Trikamji  
- Priyavrat Sharma  
-Haridasa Sridhar Kasture  
-Pandit Rajesvardutta Shastri  
-Ramaraksha Pathaka  
-Prof. R.H.Singh.  
-Prof. Ajay Kumar



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14. Other relevant publications on subjects concerned

Course Outcome:

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-
CO1	The student will be able to understand and interpret Chikitsa Siddhanth based on various Samhitas
CO2	The student will be able to interpret Lab Data and Clinical findings to arrive at Diagnosis
CO3	Identify and Manage common Diseases

Mapping of Course and Programme Outcome:

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
CO1	The student will be able to understand and interpret Chikitsa Siddhanth based on various Samhitas	PO1
CO2	The student will be able to interpret Lab Data and Clinical findings to arrive at Diagnosis	PO2,PO3
CO3	Identify and Manage common Diseases	PO4,PO5



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## PANCHAKARMA

FAB140102

### Course Objectives:

- i) To enable the students to understand the five treatment therapies

S. No	Topic	Lecture Hours
1	<p>Introduction</p> <p>Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases.</p> <p>Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.</p> <p>Indications of Shodhana, Shodhana according to Ritu</p> <p>General Principles of doshagati from Koshta to Shaka and vice versa</p> <p>General precautions (Pariharya Vishaya) for Panchakarma</p> <p>Specifications of Panchakarma theatre and necessary equipments</p> <p>Importance of Koshta and Agni Parikshan</p>	7
2	<p>Snehana</p> <p>Etymology and Definition of Sneha and Snehana</p> <p>Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas</p> <p>General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions, Yamaka, Trivrit and Maha Sneha</p> <p>Metabolism of fat</p> <p>Achcha and Pravicharana of Sneha</p> <p>Snehapaka and its importance in Panchakarma</p> <p><b>Types of Snehana:</b> i) Bahya and ii) Abhyantara Snehana</p> <p><b>Bāhya Snehana :</b></p> <p>Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna</p>	5



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	<p>Purana &amp; Akshi Tarpan, Lepa, Talam, <b>Murdhni Taila:</b> Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti</p> <p>Ābhyantara Snehana Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and BrimhanārthaSnehana, Indications and contraindications for Snehana</p> <p>Shodhanārtha Snehana</p> <ol style="list-style-type: none"><li>Importance and method of Deepan Pāchan and Rookshana in ShodhanārthaSnehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana</li><li>Consideration of Agni and Koshtha in Snehana</li><li>Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā</li><li>Methods of Shodhanārtha Snehana,</li></ol> <p>Anupāna of Snehana</p> <ol style="list-style-type: none"><li>Jeerna and Jeeryaman Lakshana</li><li>Samyak Yoga, Ayoga and Atiyoga of Snehana, Snehana Vyāpat &amp; their managementaccording to Ayurveda &amp; Modern Medicine</li><li>Diet and regimen during Snehana</li></ol> <p><b>Sadyo Snehana:</b> Method of administration, dose fixation and utility <b>Shamanārtha Snehana,</b> Method of administration, dose fixation and utility<b>Bronhanarth Senhana:</b> Method of administration, dose fixation and utility <b>Avapeedak Snehana:</b> Method of administration, dose fixation and utility</p> <ol style="list-style-type: none"><li>Snehana Kārmukata (mode of action)</li></ol> <p>Special Procedures:</p> <p>Takradhara, Udvardanam, Putpāka, Aschotana, Anjana, Ga ndusha, Kavala,Dhoompāna, Udvardana, Utsādana,</p>	
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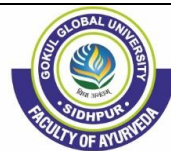


	Udgharshana, Talapothichil	
3	<p><b>Svedana</b></p> <ol style="list-style-type: none"><li>1. Etymology and Definition of Sveda and Svedana</li><li>2. Classifications of Sveda/Svedana</li><li>3. General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas ,</li><li>4. Indications and contraindications of Svedana</li><li>5. Ten Types of Niragni Svedana</li><li>6. Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan</li><li>7. Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda-Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, KukkutandPinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma , Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa</li><li>8. Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti</li><li>9. General precautions during Sagni Svedana and Methods to protect vital during svedana</li><li>10. Samyak Yoga, Ayoga and Atiyoga of Svedana</li><li>11. Complications of Svedana and their Management according to Ayurveda &amp; Modern Medicine</li><li>12. Diet and management during and after Svedana</li><li>13. Parihār Vishaya</li><li>14. Svedana Kārmukata (Mode of action)</li><li>15. General Knowledge about current Sudation techniques like Sauna bath, Steam bath</li></ol>	15
4	<p><b>Vamana Karma</b></p> <ol style="list-style-type: none"><li>1. Etymology, definition and importance of Vamana Karma</li><li>2. Utility of Vamana Karma in health and disease</li><li>3. Indications and Contraindications for Vamana</li></ol>	18





	<ol style="list-style-type: none"><li>4. Knowledge of Koshta and Agni</li><li>5. General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha</li><li>6. Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet</li><li>7. Management of one gap day-Abhyanga &amp; Svedana, diet, special Kapha increasing diet</li><li>8. Preparation of the patient on Morning of Vamana day</li><li>9. Vamaka Yoga, Anupana, fixation of dose and method of administration</li><li>10. Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction</li><li>11. Lakshana indicating Doshagati during the process</li><li>12. Management during Vamana Karma &amp; observations</li><li>13. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma</li><li>14. Post Vamana management</li><li>15. Types of Shuddhi-Hina, Madhya and Pravara</li><li>16. Peyadi Samsarjana Karma and Tarpanadi Karma with their specific indications</li><li>17. Complication of Vamana and their management with Ayurveda and modern drugs</li><li>18. Pariharya Vishaya</li><li>19. Vamana Karmukata (Mode of action)</li></ol>	
5	<p>Virechana Karma</p> <ol style="list-style-type: none"><li>1. Etymology, definition and importance of Virechana Karma</li><li>2. Utility of Virechana Karma in health and disease</li><li>3. Indications and Contraindications for Virechana</li><li>4. Knowledge of Koshta and Agni</li><li>5. Classification of Virechana Drugs, General properties of Virechana dravya</li><li>6. General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal</li><li>7. Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet</li></ol>	15





	<ol style="list-style-type: none"><li>8. Management of 3 gap days-Abhyanga, Svedana &amp; diet</li><li>9. Management on Morning of Virechana day</li><li>10. Preparation of Virechana Kalpa, Anupana, dose and method of its administration</li><li>11. Method of Virechana Karma and management during Virechana Karma &amp; observations</li><li>12. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma</li><li>13. Post Virechana management</li><li>14. Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama</li><li>15. Complications of Virechana and their management with Ayurveda and modern drugs</li><li>16. Pariharya Vishaya</li><li>17. Virechana Kārmukatā (Mode of action)</li></ol>	
6	<p><b>Basti Karma</b></p> <ol style="list-style-type: none"><li>1. Etymology, definition and importance of Basti as Ardha-Chikitsa</li><li>2. Utility of Basti Karma in health and disease</li><li>3. Basti Yantra- Putaka &amp; Netra, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.</li><li>4. Classifications of Basti</li><li>5. Karma, Kāla and Yoga Basti schedules along with their utility.</li><li>6. <b>Niruha Basti:</b> Its etymology, synonyms, definition, classifications, sub-classifications &amp; indications and contraindications.<ol style="list-style-type: none"><li>a. Dose fixation of Niruha Basti according to age</li><li>b. Contents and Method of preparation of Niruha Basti dravya</li><li>c. Diet</li><li>d. Administration of Niruha Basti</li><li>e. Pratyāgamana Kāla, Post Niruha Basti management</li><li>f. Samyak Yoga, Ayoga and Atiyoga of Niruha.</li></ol></li></ol>	18





	<p>g. Complication of Niruha Basti and its management according to Ayurved and Modern Medicines</p> <p>h. Pariharya Vishaya and kala</p> <p>7. <b>Anuvasana Basti:</b> Its etymology, synonyms, definition, classifications, sub-classifications &amp; indications and contraindications.</p> <p>a. Dose fixation of Anuvasan Basti according to age</p> <p>b. Contents and Method of preparation of Anuvasan Basti dravya</p> <p>c. Diet</p> <p>d. Administration of Anuvasan Basti</p> <p>e. Pratyāgamana Kāla, Post Anuvasan Basti management</p> <p>f. Samyak Yoga, Ayoga and Atiyoga of Anuvasana.</p> <p>g. Complication of Anuvasan and its management according to Ayurved and Modern Medicines</p> <p>h. Pariharya Vishaya and kala</p> <p>8. Basti Kārmukatā (Mode of action).</p> <p>9. Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti</p> <p>10. <b>Uttara Basti,:</b> its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra</p> <p>a. Preparation of patient,</p> <p>b. Preparation of Trolley for Uttarbasti,</p> <p>c. drug preparation and Fixation of dose,</p> <p>d. method of administration in male and females,</p> <p>e. observations,</p> <p>11. complications and their management</p>	
7	Nasya 1. Etymology, definition, Significance of Nasya Karma.	10







	<ol style="list-style-type: none"><li>Classifications and sub-classifications</li><li>Knowledge of general Dravya used for Nasya Karma, Shir ovirechan Gana, Shirovirechanopag dravyas</li><li>Indications and contraindications of Nasya</li><li>Time of administration of Nasya</li><li>Dose fixation of different types of Nasya</li><li>Diet and regimen before and after Nasya Karma</li><li>Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya</li><li>Symptoms of Samyak-yoga of Nasya,</li></ol>	
8	<p><b>Raktamokshana</b></p> <ol style="list-style-type: none"><li>Definition, importance and Types of Raktamokshana</li><li>General Principles and rules of Raktamokshana</li><li>Classification of Raktamokshan</li><li>General Indication and Contra indication of Raktamokshan</li><li><b>Jalaukavacharana:</b> Knowledge of different types of Jalauka (Leech) , Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavacharana and their management with Ayurveda and Modern medicines.</li><li><b>Pracchāna:</b> Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines</li><li><b>Sirāvedha:</b> Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines</li><li>Knowledge of emergency management of complications such as water &amp; electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis</li></ol>	10





9	<p>Physiotherapy</p> <ol style="list-style-type: none"><li>1. Definition, Utility and Importance of Physiotherapy.</li><li>2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.</li></ol>	8
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### Reference Books:

1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpataru by Gangadhara
2. Sushrut Samhita with the Sushruta Nibhandha Samgraha Commentary of Dalhana & Nyayachandrika Panjika of Gayadasa on Nidana Sthana
3. Ashtanga Hridaya with Sarvanga Sundara & Ayurveda Rasayana Commentaries
4. Ashtanga Sangraha with Shashilekha Commentaries
5. Ayurvediya Panchakarma Chikitsa Dr Mukundilal Dwivedi
6. Panchakarma Vigyan Dr Haridas Shreedhar Kasture
7. Illustrated Panchakarma Dr.G Srinivasa Acharya
8. Clinical Panchkarma (English) Dr. P.Yadaiah
9. Prayogika Panchkarma (Hindi) Dr. P. Yadaiah
10. Vivida Vyadhiyome Panchkarma (Hindi) Dr. P. Yadaiah
11. The Panchkarma Treatment of Ayurveda with Kerala Specialtie Dr. T.L. Devaraj
12. Panchkarma Therapy Dr. R.H. Singh
13. Ayurveda-Principles and Panchakarma Practice Dr Mandip R. G. & Prof. Gurdip Singh
14. Principles and Practice of Basti Dr. Vasudevan & Dr. L. Mahadevan
15. Panchakarma Sangraha Dr. Manoj Shamkuwar
16. Essential of Panchakarma Therapy Dr.Pulak Kanti Kaur
17. Principles and Practice of Panchakarma Vaidya Vasant Patil
18. Harrison's Principle of Internal Medicine
19. Guyton's Physiology



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**Course Outcome:**

<b>CO</b>	<b>Course learning Outcomes (CO) Panchakarma</b> At the end of the course, the student should be able to-
<b>CO 1</b>	Illustrate the scope and utility of Ayurveda
<b>CO 2</b>	Explain Panchakarma Procedure of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.
<b>CO 3</b>	Analyse and apply concept of Panchakarma and Physiotherapy in Ayurveda.

**Mapping of Course and Programme Outcome**

<b>CO No</b>	<b>Course learning Outcomes (CO)</b> At the end of the course, the students should be able to-	<b>Course learning Outcomes matched with program learning outcomes.</b>
CO1	Illustrate the scope and utility of Ayurveda	PO1
CO2	Explain Panchakarma Procedure of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.	PO2,PO3
CO3	Analyse and apply concept of Panchakarma and Physiotherapy in Ayurveda.	PO4,PO5





## SHALYA TANTRA

**FAB140103**

### Course Objectives:

- i) To enable the students to understand the surgical methods according to the principles of Ayurveda

Sl. No	Topic	Lecture Hours
1.	<b>Definition of Shalya, Shalya Tantra and its importance.</b> <b>Introduction to ShalyaTantra:</b> Historical background and progress made. <b>Target</b> - Fluency in textual reading and comprehension. Preferable targets - Know recent developments and controversies.	3
2	<b>Description of Yantra, Shastra, Anushastra: Definition, number, types, uses, Dosha, Guna, Karma. Relevant modern instruments.</b> <ul style="list-style-type: none"> <li>Target - Basic understanding of the concepts of Yantra and Shastra. Acquaintance with commonly used surgical instruments. Knowledge of textual descriptions.</li> </ul> Preferable targets - Knowledge about currently used surgical instruments, their specifications, procurement sources etc.	5
3	<b>Nirjantukarana / Sterilization: Methods, types and its role in surgical practice.</b> <ul style="list-style-type: none"> <li>Target - Basic surgical discipline of maintaining asepsis.</li> </ul> Preferable targets- Knowledge of recently developed chemicals, instruments for sterilization.	5
4	<b>Sangyahan / Anaesthesia: Definition and Types.</b> <ol style="list-style-type: none"> <li>i. <b>Local anaesthesia</b> – Drugs, Techniques, Indications, Contraindications, Complications and their Management.</li> <li>ii. <b>Regional and General anaesthesia-</b> Drugs, Techniques, Indications, Contraindications, Complications and their Management.</li> </ol>	3





	<ul style="list-style-type: none"> <li>Target-Basic knowledge of the drugs and instruments of anaesthesia. To observe the process of induction, monitoring and recovery.</li> </ul> <p>Preferable targets- Assisting and handling anaesthesia</p>	
5	<p><b>Trividha Karma – Purva Karma, Pradhana Karma and Paschat Karma.</b></p> <ul style="list-style-type: none"> <li>Target- Capability to identify conditions which can affect the outcome of surgery in pre, intra and post-operative period.</li> <li>Preferable targets- Experience of handling incidents.</li> </ul>	2
6	<p><b>Ashtavidha Shastra Karma - Surgical procedures.</b></p> <ul style="list-style-type: none"> <li>Targets- Appreciation and comprehension of concepts and indications of different procedures.</li> </ul> <p>Preferable targets – Hands on experience of surgical procedures.</p>	2
7	<p><b>Yogya - Experimental Surgery.</b></p> <ul style="list-style-type: none"> <li>Target – Appreciation and comprehension of concepts of Yogya. Idea of patient's safety in experimental training.</li> </ul> <p>Preferable targets- Hands on training on mannequins.</p>	2
8	<p><b>Marma: Nirukti, types, description and importance.</b></p> <ul style="list-style-type: none"> <li>Target – Clinical application of concepts of marma.</li> </ul> <p>Preferable targets- Study of relevance of marma in the light of current anatomical and surgical knowledge.</p>	5
9	<p><b>Kshara and Kshara Karma:</b></p> <ol style="list-style-type: none"> <li>Nirukti, Pradhanyata, Guna, Dosha, Karma, Prakara, Yogya, Ayogya, Procedure, Upadrava and Chikitsa.</li> <li>Kshara nirmana vidhi, knowledge of Kshara Varti, Taila and Pichu.</li> <li><b>Kshara Sutra – Preparation, Indications, Contraindications and Method of application, Complications and their Management.</b> <ul style="list-style-type: none"> <li>Target – Capability to identify and practice the use of kshara, kshara sutra in common clinical conditions.</li> </ul> </li> </ol> <p>Preferable targets – Broader knowledge of current trends and ongoing researches in kshara application.</p>	5
10	<p><b>Agnikarma: Mahatva, Upakarana, Vidhi, Akrti bheda,</b></p>	5







	<b>Yogya, Ayogya and Upadrava Chikitsa.</b> Contemporary techniques and tools of Agnikarma. <ul style="list-style-type: none"> <li>• Target - Capability to appreciate the clinical indications and comprehend Agnikarma procedure.</li> <li>• Preferable targets - Hands on experience of use of cautery in surgical practice.</li> </ul>	
11	<b>Raktamokshana: Mahatva, Prakara - Siravyadha, Pracchanna, Shringa, Alabu, Jaloukavacharana – Yogya, Ayogya, Procedure, Upadrava and Chikitsa.</b> <ul style="list-style-type: none"> <li>• Target- Capability to appreciate and comprehend clinical indications of Jaloukavacharana and other Raktamokshana procedures.</li> <li>• Preferable targets - Uses of bloodletting in current therapy.</li> </ul>	5
12	Bandha Vidhi – Prayojana, Dravya, Indications, Contraindications, Prakara, Upadrava, Pichu, Plota, Kavalika and Vikeshika. • Target- Hands on experience of techniques of bandaging. • Preferable targets - New generation of bandaging and splintage tools	5
13	Pranasta Shalya and Nirharana Upaya. • Target – Importance of concepts of Sushruta in the management of Shalya and concerns of patient safety. Identification and management of foreign bodies. • Preferable targets - Current concepts and diagnostic tools of dealing with foreign bodies.	2
14	Fluid, Electrolyte, Acid Base Balance and Nutrition: i. Introduction of physiology of fluids and electrolytes. ii. Dehydration and over hydration. iii. Specific electrolyte loss, Acidosis, Alkalosis, Symptomatology and Management. iv. Electrolyte changes in specific diseases like pyloric stenosis, intestinal obstruction and anuria. v. Various replacement fluids in surgery, mode of administration and complications. vi. Nutrition. • Target – Capability to identify and manage fluid and electrolyte imbalance. Ability to administer parenteral fluid. • Preferable targets - Advanced techniques of fluid and electrolyte assessment and management.	6
15	Rakta Mahatwa, Raktasrava / Haemorrhage: Prakara and Lakshana. i. Raktastambhana – Haemostasis. ii. Blood Transfusion – Blood groups, Compatibility, Indications, Contraindications and Complications with Management. iii. Component therapy. • Target- Knowledge of achieving haemostasis in haemorrhage. • Preferable targets - Detailed knowledge of blood bank techniques.	2





16	Antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice. • Target – Working knowledge of commonly used drugs. • Preferable targets - Advanced pharmacological study of the above drugs.	5
17	Diagnostic techniques – X-ray, Imaging techniques, Ultrasonography, CAT Scan, MRI, Biopsy / Cytological study. • Target- Knowledge of proper indications for optimum investigational tools and their interpretation. • Preferable targets - Capability to work independently in the field of diagnostic techniques.	3
18	Shat Kriyakala in surgical practice. • Target- Clinical utility of the concepts. • Preferable targets - Applied aspects of Kriyakalas in the light of current concepts of pathogenesis.	2
19	Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of the following disorders. i. Vranashotha - Inflammation ii. Vidhradi - Abscess iii. Pidika - Boils iv. Nadi Vrana - Sinus / Fistulae v. Vrana Granthi - Keloid / Hypertrophic scar vi. armagata - Shock vii. Kotha – Gangrene and Principles of Amputation. viii. Granthi - Cyst ix. Arbuda - Tumour • Target- Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions	18
20	Vrana – Nirukti and Prakara i. Nija Vrana – Nidana, Samprapti, Vrana Vasthu, Prakara, Lakshana, Vrana Pariksha – Sthana, Vrana Akrti, Srava, Gandha, Vedana. Vrana Avastha- Dustavrana, Shuddha Vrana, Ruhyamana Vrana, Samyak Roodha Vrana, Vrana Sadhya-asadhyatha and Vrana Upadrava. ii. Vrana Chikitsa – Pathya-apathya and Shashti Upakrama, Vranitagara and Rakshakarma. iii. Agantuja Vrana : a. Sadyo Vrana - Traumatic wounds – Nidana, Prakara, Lakshana, Upadrava and Chikitsa. b. Management of bites and stings. iv. Dagdha Vrana – Burns and scalds. v. Ulcer - Types and their management. vi. Wound healing stages and their management. vii. Pramehapidaka - Diabetic carbuncle and wounds. • Target - Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions.	10
21	Twak Vikara - Nidana, Samprapti, Lakshana and Chikitsa of Chippa – Paronychia, Kadara – Corn and Kshudra rogas. • Target - Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
22	Manya Vikara – Nidana, Samprapti, Lakshana and Chikitsa of Galaganda – Goitre, Gandamala, Apachi –Lymphadenitis, Pashanagardhabha – diseases of parotid gland. • Target-Clinical	2





	application of the concepts. • Preferable targets - Hands on experience of management of different conditions	
23	Sira Vikara - Venous disorders – Superficial and Deep venous thrombosis, Haemangioma, Varicose veins - Diagnosis and their Management. • Target - Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
24	Dhamani Vikara - Arterial disorders – Nidana, Samprapti, Lakshana and Chikitsa of Aneurysm, Buerger's disease, Atherosclerosis, Raynaud's disease. • Target - Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
25	Snayu Vikara - Diseases of tendons and ligaments – Tennis elbow, Ganglion and their Management. • Target - Clinical application of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
26	Care of AIDS - HIV and hepatitis infected patients. • Target - Knowledge of safety precautions.	2
27	Bhagna – Skeletal injuries: Prakara including pathological fracture, Samanya Lakshana, Upadrava and Chikitsa. Description of fracture of following bones with Clinical features, Diagnosis, Complications and Management – scapula, clavicle, humerus, radius, ulna, femur, patella, tibia and pelvis bones. Sandimoksha - Dislocation: Dislocation of following joints with Clinical features, Diagnosis, Complications and Management of shoulder, elbow and hip. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	5
28	Diseases of bone: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Osteomyelitis, Cysts, Tumours and Tuberculosis. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	5
29	Cranio-cerebral injuries: Mechanism, Pathology, Classification, Investigations, Complications and primary management. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	3
30	Diseases of Spine: Mechanism, Pathology, Classification, Investigations, Complications and primary management of Tuberculosis, Ankylosing Spondylitis and Disc prolapse. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2





31	Diseases of breast: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Sthana Vidradhi - Breast abscess and Sthana Arbuda - Breast tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions. Diseases of chest: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Chest injury, Pleural effusion, Pleurisy and Tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
32	Diseases of esophagus: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Oesophagitis, Varices, Ulcer and Tumours. Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
33	Gulma Roga - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.	2
34	Shoola vyadhi - Nidana, Prakara, Lakshana, Upadrava and Chikitsa. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of acute abdomen.	2
35	Udara Roga: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Jalodara - Ascites, Chidrodara – Perforation, Peritonitis and Badhagudodara-Intestinal obstruction. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	3
36	Diseases of stomach and duodenum: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pyloric Stenosis, Peptic Ulcer and Tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	3
37	Diseases of small intestine: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Tuberculosis, Obstruction and Perforation. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	3
38	Diseases of large intestine - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Tuberculosis, Obstruction, Perforation, Tumours, Appendicitis, Crohn's disease and Ulcerative Colitis. • Target - Clinical utility of the concept. • Preferable targets - Hands on experience of management of different conditions.	2
39	Diseases of Rectum and Anal Canal – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and	5







	Management of Congenital disorders, Arshas - Haemorrhoids, Parikartika - Fissure-in-ano, Bhagandara - Fistula-in-ano, Guda Vidradi - Anorectal abscesses, Gudabhramsas - Rectal prolapse, Sanniruddaguda - Anal stricture, Incontinence, Rectal Polyp and Tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	
40	Abdominal injuries and their management. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	3
41	Diseases of Liver: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Yakrit Vidhradi - Abscess, Neoplasia, Portal hypertension and Yakritdalyodar –Hepatomegaly. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
42	Diseases of Gallbladder: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Cholecystitis, Cholelithiasis, Obstructive jaundice and Tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
43	Diseases of Pancreas: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pancreatitis, Cysts of Pancreas and Tumours. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
44	Diseases of Spleen – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pleehodara – Splenomegaly and Splenic rupture. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
45	Diseases of Kidney and Ureters - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Polycystic kidney, Injuries, Perinephric abscess, Calculus and Neoplasms. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
46	Diseases of Urinary bladder – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Injuries, Ashmari - Vesical Calculus, Cystitis and Neoplasms. • Target - Clinical utility of the concepts. •	2







	Preferable targets - Hands on experience of management of different conditions.	
47	Mutraghata and Mutrakrichra - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management. Retention of urine. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
48	Diseases of Prostate - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Prostatitis, Prostatic abscess, Benign Enlargement of Prostate and Carcinoma of Prostate. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
49	Diseases of Urethra – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Urethritis, Stricture and Rupture. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions	2
50	Diseases of Penis: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Niruddhaprakasha -Phimosis, Parivartika -Paraphimosis, Avapatika - Prepuceal ulcer, Arbuda- Tumours and Lingarsha - Penile Warts. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
51	Diseases of Scrotum and Testis: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Epididymo-orchitis, Epididymal cyst, Scrotal filariasis, Shukrashmari - Seminal calculus, Torsion of testis, Ectopic testis, Undescended testis and Tumours.	2
52	Vridhhi Roga: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Mutravridhhi – Hydrocele. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2
53	Antra Vridhhi – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Hernia - Inguinal, Femoral, Epigastric, Umbilical, Incisional and rare forms of Hernia. • Target - Clinical utility of the concepts. • Preferable targets - Hands on experience of management of different conditions.	2





**GOKUL  
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(Gujarat Private State University Act 4 of 2018)

## Reference Books:

Sushruta Samhita

2. Ashtanga Sangraha

3. Ashtanga Hridaya

4. Charaka Samhita

5. The Surgical instruments of the Hindus - Girindranath Mukhopadhyaya

6. Shalya Tantra Samuchchaya - Pandit Ramadesh Sharma

7. Shalya Vigyan (Part 1-2) - Dr. Surendra Kumar Sharma

8. Shalya Samanvaya (Part 1-2) - Vd. Anantaram Sharma

9. Shalya Pradeepika - Dr. Mukund Swaroop Verma

10. Sushruta - Dr. Ram Nath Dwivedi

11. Clinical Shalya Vigyan - Dr. Akhilanand Sharma

12. Bhagha Chikitsa - Dr. Prabhakar Janardhan Deshpande

13. Kshara sutra management in anorectal ailments - Dr. S.K. Sharma, Dr. K.R. Sharma and Dr. Kulwant Singh.

14. Anorectal diseases in Ayurveda - Dr. Sijoria and Dr. Praveen Kumar Chowdary.

15. Adhunik Shalya Chikitsa Siddhanta - Dr. Katil Narshingham Udupa

16. Agnikarma Technology Innovation - Dr. P.D. Gupta

17. Shalya Tantra Ke Siddhant - Dr. K.K. Takral

18. Recent advances in the management of Arshas / Haemorrhoids - Dr. P. Hemantha



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**Course Outcome:**

<b>CO No</b>	<b>Course learning Outcomes (CO) At the end of the course, the students should be able to-</b>
CO1	Illustrate the scope and utility of Shalya Tantra
CO2	Explain Shalya Tantra of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.
CO3	Analyse and apply concept of Shalya Tantra in Ayurveda.
CO4	Understanding the management of diseases in Shalya Tantra

**Mapping of Course and Programme Outcome:**

<b>CO No</b>	<b>Course learning Outcomes (CO) At the end of the course, the students should be able to-</b>	<b>Course learning Outcomes matched with program learning outcomes.</b>
CO1	Illustrate the scope and utility of Shalya in Ayurveda	PO1
CO2	Explain Shalya Tantra Procedures of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.	PO2, PO3
CO3	Analyse and apply concept of Shalya in Ayurveda.	PO4, PO5
CO4	Understanding the management of diseases in Shalya Tantra	PO3, PO6, PO7





## SHALAKYA TANTRA

**FAB140104**

### Course Objectives:

- i) To enable the students to understand the ENT and Ophthalmic Procedures mentioned in Ayurveda

Sl. No	Topic	Lecture Hours
1	Introduction a) Shalakyatantra nirukti, Parichayam, Ithihasam b) Netra rachana shariram (Mandala, Patala, Sandhi, Drushti Vichara) and Netra Kriya Sharira alongwith modern anatomy of Eye. c) Eye examination and knowledge of basic instruments/equipments required for examination of Eye. d) Netrarognanam – Samanya Hetu (Nija and agantuja), Purvarupa, Samprapti, Rupa and Chikitsa. e) Classification of Netraroga and its importance.	10
2	Netra Samanya and Vishishta Chikitsa - Kriya Kalpa a) Netra and Chakshu swasthya hitkara Dinacharya, Ritucharya, Aahara evam Vihara. b) Kriya-kalpa-Seka, Aschyotana, Pindi, Vidalaka, Tarpana, Putapaka, Anjana and importance of Panchkarma in Netra Chikitsa. c) Basic fundamentals of Netra Shastra Chikitsa e.g. Purva – Pradhana - Paschat karma, Ama-Pachyaman-Pakva Vrana shotha, Vranitopasana, Pranashtashalya, & Vranbandhana. Methods and concepts of sterilization, asepsis and antisepsis as per ancient and modern point of view. d) Basic applied knowledge of Ashtavidha shastrakarma, agni, kshara, raktamokshana in Netra rogas. e) Essential diagnostic and therapeutic modern pharmacological agents required in Netra Chikitsa	10
3	Sandhigata Roga(Diseases of junctional areas of eye) a) Number of sandhigata rogas, detailed etiology, pathology, clinical features and management of Pooyalasa and Srava Rogas. b) Brief Study of krimi granthi, Parvani and Alaji Rogas. c) Study of Acute and Chronic Dacryocystitis, Epiphora, Blepharitis including their aetiology, pathology, signs & symptoms, differential diagnosis and medical & surgical management.	6
4	Vartmagata Roga(Diseases of Lids) a) Number of vartmagata rogas, and detailed knowledge of etiology, pathology, clinical features and management of Anjananamika, Utsangini, Lagana, Vatahata vartma, Pakshma kopa, Sikta vartma, Pothaki, Klinna vartma, Krichhronmeelana and Kukunaka diseases of Vartma. b) Brief Knowledge of Vartmarbuda, Utklishta vartma, Nimesh, Pakshmarshata, Vartmarsha c) Knowledge of Hordeolum, Ptosis,	15





	Trachoma, Trichiasis, Entropion, Ectropion including their Etiology, signs and symptoms differential diagnosis and medical & surgical management.	
5	Shuklagata Roga(Diseases of sclera and conjunctiva) a) Number of Shuklagata rogas, detailed knowledge of etiology, pathology, clinical features and management of Arma, Arjuna and Shuktika b) Brief Knowledge of Sira pidika, Sira jala, Pishtaka, Balasgrathita. c) Study of Pterygium, Scleritis, Episcleritis, Sub-Conjunctival Hemorrhage including their Etiology, signs and symptoms, differential diagnosis and medical & surgical management.	7
6	Krishnagata Roga (Diseases of cornea and uvea) a) Number of krishnagata rogas, detailed knowledge of Etiology, Pathology, Clinical features, differential diagnosis, complications and Management of Savrana /kshata Shukla (Shukra), Avrana shukra (Shukla) b) Brief knowledge of Sira shukla, Akshipakatyaya and Ajakajata. c) Knowledge of Corneal ulcer, Corneal Opacity, Uveitis, Acute Iridocyclitis, Staphyloma, their aetiology, pathology, symptoms, differential diagnosis, complications and management.	7
7	. Sarvagata Roga (Diseases effecting all parts of eye) a) Number of Sarvagata rogas, detailed knowledge of etiology, pathology, clinical features, complications, differential diagnosis and Management of Abhishyanda, Adhimantha, Hatadhimantha and Shushkakshipaka. b) Brief Knowledge of Amloshit, Vata paryaya, Anyato vata, Sashopha & Ashophakshipaka- Pilla roga, Sirotkata and Siraharsha. c) Knowledge of Conjunctivitis, Glaucoma, Dry Eye Syndrome including their etiology, pathology, clinical features, differential diagnosis, complications and their management.	12
8	Drishtigata Roga (vision disorders) a) Number of Drishtigata rogas detailed knowledge of - etiology, pathology, clinical features, differential diagnosis and management of Timira, Kacha and Linga nasha. b) Brief Knowledge of Abhighataja lingnasha, sanimittaja & Annimittaja Lingnasha Doshandhya/Kaphavidagdha drishti, Naktandhya, Ushna vidagdha drishti, Pittavidagdha drishti, Dhumadarshi, Hriswajadya, Gambhirika, Nakulandhya, Nayanabhighata. c) Knowledge of Refractive errors, Cataract including their etiology, pathology, clinical features, differential diagnosis, complications and their management. d) Study of Eale's disease, Hypertensive & Diabetic Retinopathies, Age related Macular degeneration, Strabismus, Retinitis pigmentosa, Night blindness, Amblyopia, Central serous retinopathy, Optic Neuritis and Optic atrophy	15
9	. Miscellaneous Diseases a) Xerophthalmia and other malnutritional eye disorders. b) Knowledge of ocular trauma and their management.	4







	c) Introduction to Eye bank, Eye donation, Corneal Transplantation d) Preventive Ophthalmology and Community Ophthalmology	
10	Samanya Chikitsa a) Study of therapeutic procedures like Sveda, Kavala, Gandusa, Dhuma, Murdhni Taila, Nasya, Pratisarana, Karna Purana, karna prakshalana, nasa prakshalana Mukha Lepa. b) Ashtavidha shastrakarma and anushastrakarma used in the treatment of Shira, Karna, Nasa evam Mukha Rogas.	5
11	Shiro Roga a) Importance and Superiority of Shira. b) Number, general etiology, pathology and cardinal features of shiro rogas and kapalgata rogas along with their common line of management/treatment. c) Detailed study of Vataja, Pittaja, Kaphaja shirashoola, Suryavarta, Ardhavabhedaka, Khalitya, Palitya. d) Brief Knowledge of Raktaja shiraha shoola, Krimija shiraha shoola, Kshayaja shiraha shoola & Sannipataja shiraha shoola, Ananta vata, Indralupta, Darunaka. e) Detailed study of Headache, Migraine its differential diagnosis and treatment.	15
12	Karna Roga a) Detailed study of Rachana and Kriyasharir of Karna (Ear) & Shravanendriya as per Ayurvedic and modern view, Examination of Ear along with instruments/equipments required in Ear examination. b) Detailed study of etiology, pathology, classification, clinical features and management of diseases of Karna – karna shool, karna nada & shweda, Badhirya, karnastrava, karna pratinaha, pootikarna, karnagoothaka, karnavidradhi. c) Brief Knowledge of karna kandu, karnapaka, karnarsha, karnarbuda, krimikaran & karnapali rogas, Karna sandhana (Auroplasty), fundamentals, method and Vaikritpaham d) Detailed study of Otagia, ASOM, CSOM, Deafness, wax including their etiology, pathology, clinical features, differential diagnosis, complications and medical & surgical management e) Brief Knowledge of Otomycosis, Otosclerosis, Tinnitus, Vertigo, Foreign body in ear and Noise pollution.	15
13	Nasa Roga a) Detailed study of Rachana and Kriyasharir of Nasa (Nose and paranasal sinuses) & Ghranendriya as per Ayurvedic and modern view, Examination of Nose. along with instruments/equipments required in Nose examination. b) Detailed study of Pratishyaya, Dushta pratishyaya, Nasanaha, Kshavathu, Nasagata raktapitta & Nasarsha. c) Brief Knowledge of Putinasa, Bhransathu, Peenasa, Apeenasa, Nasarbuda, Nasashotha, Dipta, Nasa Sandhana. d) Detailed study of Rhinitis & Sinusitis Epistaxis, Nasal Polyp, DNS, Foreign body including their Etiology, pathology, clinical features differential diagnosis and medical & surgical management. e) Brief Knowledge of Nasal trauma, Tumours of nose and Para nasal sinuses.	15





14	Mukha Roga (Diseases of Oral Cavity) a) Detailed study of Rachana and Kriyasharir of Mukha Rogaadhisthana– oshtha, dantamoola, danta, jivha, talu, gal, sarvasara (Oral cavity ) as per Ayurvedic and modern view along with their Basic examination including instruments/equipments required for the examination b) Mukha and Danta Swasthya as per ancient and modern concepts including prevention of malignancy of oral cavity. c) Number and general aetiology, pathology, cardinal features of Mukha rogas along with their common line of management/treatment.	5
15	Oshtha Roga (Diseases of Lips) a) Detailed study of Etiology, pathology, classification, clinical features and management of - Oshtha prakopa, khandoshtha b) Brief Knowledge of Gandalaji, Jalarbuda, Kshataja Oshthaprakopa c) Knowledge of cleft lip	3
16	Dant Mula Gata Roga (Diseases of Periodontia) a) Detailed study of Etiology, pathology, classification, clinical features and management of - Shitada, Dantaveshta, Upakush, Danta Nadi, Danta Vidradhi, Adhimansa b) Brief Knowledge of dantapupputaka, Saushira, Mahasaushira, Danta Vaidarbha , Paridara, Vardhana. c) Detailed study of Etiology, pathology, classification, clinical features and management of Gingivitis, Apical abscess, Periodontitis (Pyorrhoea).	4
17	Danta Roga (Dental Diseases) a) Detailed study of Etiology, pathology, classification, clinical features and management of Daalan, Krimidanta, Dantaharsha, Danta sharkara, Hanumoksha b) Brief Knowledge of karala, Bhanjanak , Kapalika, Shyava Danta, Danta bheda, c) Danta chaal, Adhidanta, Danta Utpatana including Jalandhar bandha method and Danta Purna. d) Knowledge of Dental Caries, Dental Tartar & Tooth extraction	4
18	Jihwa Gata Roga (Diseases of Tongue) a) Detailed study of Etiology, pathology, classification, clinical features and management of - jivha kantaka (vataja, pittaja and kaphaja) b) Brief Knowledge of Upajihva, Adhijihva, Alasa. c) Knowledge of Glossitis, Tongue Tie, Ranula, Benign and Malignant Tumors of tongue.	3
19	Talu Roga (Diseases of Palate) a) Detailed study of Etiology, pathology, classification, clinical features and management of - Gala shundika, Talushosha, Talupaka b) Brief Knowledge of Talupupputa, Adhrusha, Kacchapa, Talvarbuda, Mamsasanghata. c) Knowledge of Cleft palate, palatitis, uvulitis and tumours of the palate	4
20	Kantha and Gala gata Roga (Diseases of Pharynx & Larynx) a) Detailed study of Etiology, pathology, classification, clinical features and management of - Tundikeri, Kantha shaluka, Gilayu, Galaganda, Swrabhedha , Galavidradhi. b) Brief Knowledge of Rohini, Galashotha, Kantharbuda, Kanthavidradhi, Galarbuda Galaugham, Vrindam, Ekavrindam, Valaya, balasa , Shataghni, Swaraghna. c)	7





	Detailed study of Etiology, pathology, classification, clinical features and management of - Pharyngitis, Laryngitis, Tonsillitis & Adenoiditis d) Brief Knowledge of foreign body in the throat, Carcinoma of Larynx & Pharynx, Dysphagia Diphtheria & diseases of salivary glands.	
21	Sarvasara Mukha Roga (Generalised mucosal affections of the oral cavity) a) Detailed study of Etiology, pathology, classification, clinical features and management of Sarvasar mukhapaka b) Brief Knowledge of urdhvaguda, putivaktrata, mukharbuda c) Detailed Knowledge of Stomatitis.	3
22	Miscellaneous Diseases National Programme for Prevention and Control of Deafness.	1

### Reference Books:

Shalakya Tantra Dr. Rama Nath Dwivedi

2. Shalakya Vigyan Dr. Ravindra Chandra Choudhary

3. Abhinava Netra Chikitsa Acharya Vishva Nath Dwivedi

4. Netra Chikitsa Vigyan Dr. Ravindra Chandra Choudhary

5. Netra Roga Chikitsa Dr. Munje

6. Netra Roga Vigyan Dr. Hans Raj

7. Parson's Diseases of Eye

8. Diseases of ENT Log and Turner

9. Shalakya Tantra Shiv Nath Khanna

10. A text book of ophthalmology in Ayurveda Dr. P.K. Shantha Kumara

11. Shalakya Kriya Kalpa Vigyan Prof. K. S. Dhiman

Useful portions of Charak, Sushrut, Vagbhata





**Course Outcome:**

<b>CO No</b>	<b>Course learning Outcomes (CO) At the end of the course, the students should be able to-</b>
CO1	Illustrate the scope and utility of Shalakya Tantra in Ayurveda
CO2	Explain Procedures of Shalakya of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.
CO3	Analyse and apply concept of Shalakya in Ayurveda.
CO4	Understanding the management of diseases in Shalakya Tantra

**Mapping of Course and Programme Outcome:**

<b>CO No</b>	<b>Course learning Outcomes (CO) At the end of the course, the students should be able to-</b>	<b>Course learning Outcomes matched with program learning outcomes.</b>
CO1	Illustrate the scope and utility of Shalakya Tantra in Ayurveda	PO1
CO2	Explain Procedures of Shalakya of Ayurveda, Principles (Siddhantha) relevance in Ayurveda and contemporary sciences.	PO2, PO3
CO3	Analyse and apply concept of Shalakya in Ayurveda.	PO4, PO5
CO4	Understanding the management of diseases in Shalakya Tantra	PO3, PO6, PO7





## RESEARCH METHODOLOGY

**FAB140105**

### Course Objectives:

- To enable the students work on Research Projects

Sl. No	Topics	Lecture Hours
1	Brief historical background of research in Ayurved and contemporary medical science Evidences of researches in ayurvedic classics	6
2	Etymology, definitions and synonyms (Anveshana, Gaveshana, Prayeshana, Anusandhan and Shodha) of the word Research	4
3	Research in Ayurved - Scope, need, importance, utility	7
4	Types of Research (familiarization of the terms) a) Pure and Applied b) Qualitative , Quantitative and Mixed Observational and interventional.	4
5	Research process (Importance of each steps in brief) a. Selection of the topic b. Review of the literature c. Formulation of Hypothesis d. Aims and Objectives e. Materials and methods f. Observations and results g. Methods of communication of Research	17
6	Research tools – Role of the pramanas as research tools	5
7	The concept and importance of ethics in research	4
8	Concept of Evidenvce Based Medicine and Scientific Writing	4
9	Importance of IT in data mining and important research data portalsconcerned with Ayurved and contemporary medical science (DHARA , PubMed, Ayush Research Portal, Bioinformatics Center, Research Management Informatic System etc.)	9
10	Definition, scope and importance of the Medical statistics	5
11	Common statistical terms and notations a. Population b. Sample c. Data d. Variable e. Normal distribution	7
12	Collection and Presentation of data a. Tabular b. Graphical c. Diagrammatical	4
13	Measures of location a. Average b. Percentile Measures of Central Tendency a. Arithmetic mean b. Median c. Mode	3
14	Variability and its measurement a. Range b. Standard deviation c. Standard error	4







15	Introduction to probability and test of significance	4
16	Parametric and non parametric tests	6
17	Introduction to commonly used statistical soft-wares.	7

### Reference Books:

1. Dawson, Catherine, 2002, Practical Research Methods, New Delhi, UBS Publishers' Distributors
2. Kothari, C.R., 1985, Research Methodology-Methods and Techniques, New Delhi, Wiley Eastern Limited.
3. Kumar, Ranjit, 2005, Research Methodology-A Step-by-Step Guide for Beginners, (2nd.ed), Singapore, Pearson Education
4. Students guide to research methodology – Undergraduates. Alexandria Medical Students Association.
5. Health research methodology. A guide for training in research methods. 2nd edition. Manila, World Health Organization Regional Office for the Western Pacific, 2001.

### Course Outcomes:

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-
CO1	Develop the ability to apply the methods while working on a research project work
CO2	Describe the appropriate statistical methods required for a particular research design
CO3	Choose the appropriate research design and develop appropriate research hypothesis for a research project





CO4	Develop a appropriate framework for research studies
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#### Mapping Course Outcome with Programme Outcome

CO No	Course learning Outcomes (CO) At the end of the course, the students should be able to-	Course learning Outcomes matched with program learning outcomes.
CO1	Develop the ability to apply the methods while working on a research project work	PO1
CO2	Describe the appropriate statistical methods required for a particular research design	PO2,PO3
CO3	Choose the appropriate research design and develop appropriate research hypothesis for a research project	PO4,PO5
CO4	Develop a appropriate framework for research studies	PO3. PO6, PO7

