



Department of Sanskrit
University of Delhi
Under Graduate Course for Sanskrit
B.A. (Hons.)
Under UGCF-22



GE-4
Basic Principles of Āyurveda

Max. Marks: (75+25= 100)

Total Credits: 04

Teaching Hours: 48

[A] Course Objectives:

The objectives of this course to learn Ancient Indian Medical practices. Students will get the complete basic information regarding Ayurveda.

[B] Course Learning Outcomes:

This course will enable the students to appreciate the basic knowledge about Ayurveda (Medical Science). The course will make the learner capable of analysing classification and elements of Indian herbs. It is supposed to create an awareness of the knowledge and uses of ancient medical practices.

[C] Contents

Unit: I

1 Credit

Introduction to Āyurveda

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

History of Āyurveda

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

Unit: II

1 Credit

Basic Principles of Āyurveda

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

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Unit: III

1 Credit Aṣṭāṅga

Āyurveda:

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

Unit: IV

1 Credit

Important Medicinal Plants and their based on Āyurveda

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

[D] References:

5. Acharya, Srinivas, Panchakarma Illustrated, Chaukhamba Sanskrit Pratishthana, Delhi, 2006.
6. V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthana New Delhi, 2005.
7. Āyurveda Kā Saṅkṣipta Itihāsa, Hindi Sahitya Sammelan, Allahabad.
8. Bhagavan Dash, Vaidya, and Acarya Manfred M. Junius, A Handbook of Āyurveda, Concept Publishing Co., New Delhi, 1987.