



"Saibaba Bahuuddeshiya Sevabhavi Santha's"

Indian Institute of Medical Sciences Ayurved College

Gat No. 144, Opposite Delhi Public School, Behind MUHS, At Manori, Tal. Dindori, Nashik

Ayurved Samhita Siddhant Department

Advanced Teaching Programme Ist BAMS 2023-24

SAMHITA ADHYAYAN- 1 THEORY

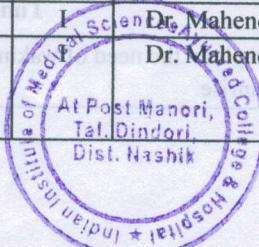
FIRST TERM (NOV 2023 TO APRIL 2024)

| Sr. No | Topic | LH/ NLH | Term | TEACHER NAME |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|------|----------------------|
| Introduction To Samhitas | | | | |
| Time (LH:-15 ; NLH + Samhita Pathan:-20 hours) | | | | |
| 1 | Explain the term Samhita | LH | I | Dr. Yogeshwari Patil |
| 2 | Identify Bruhatrayee | LH | I | Dr. Yogeshwari Patil |
| 3 | Discuss the various Samhitas and Commentaries in brief | LH / Group Discussion | I | Dr. Yogeshwari Patil |
| 4 | Discuss the various preceptors, aut hours, redactors and commentators in brief | LH | I | Dr. Yogeshwari Patil |
| 5 | Apply various Tantrayukties like Adhikaran, Yoga, Padarth, Uddesh, Nirdesh, Vaakyashesh, Prayojan, Upadesha, arthapatti, Ekant, Anumat, Vyakhyan, Samshay, Atitavekshan, Anagatavekshan, Swasadnya, Samucchaya, Nidarshan, Nirvachan, Niyog. | LH/ Group discussion | I | Dr. Yogeshwari Patil |
| 6 | Describe various Tantraguna | LH | I | Dr. Yogeshwari Patil |
| 7 | Describe various Tantradosha | LH | I | Dr. Yogeshwari Patil |
| 8 | Describe rachanashaili (composition style) and bhashashaili (language style) of Samhitas | LH / Discussion | I | Dr. Yogeshwari Patil |
| 9 | Discuss about pattern (method) of writing of classical texts | LH | I | Dr. Yogeshwari Patil |
| 10 | State different types of styles of language of classical text | LH Audio-Visual aids | I | Dr. Yogeshwari Patil |
| 11 | Interpret Anubandha chatushtya with examples | LH / NLH | I | Dr. Yogeshwari Patil |
| 12 | Interpret Ashta Prashna with example | LH/ NLH | I | Dr. Yogeshwari Patil |

Ashtang Hriday Samhita Sutrasthan Chapter-1- Ayushkamiya Adhyaya

Time (LH:- 08 ; NLH + Samhita Pathan- 08 hours)

| | | | | |
|---|---------------------------------------------------------------------------------------------------------|-------------------------|---|----------------------|
| 1 | Discuss the hierarchy of Ayurvedotpatti (descend of Ayurveda) | LH | I | Dr. Mahendra Gaikwad |
| 2 | Explain the significance of Ashtanga Hrudaya | LH | I | Dr. Mahendra Gaikwad |
| 3 | Enlist the eight branches of Ayurveda | LH | I | Dr. Mahendra Gaikwad |
| 4 | Discuss the concept of dosha with respect to qualities (guna), location in body and time period (kaala) | LH and Group Discussion | I | Dr. Mahendra Gaikwad |
| 5 | Discuss role and superiority of dosha in manifestation of diseases | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 6 | Identify the dosha sthanas | Discussion | I | Dr. Mahendra Gaikwad |
| 7 | Enlist the saptadhatus and mala. | LH | I | Dr. Mahendra Gaikwad |
| 8 | Explain the concept of Samsarga (combination of 2 dosha) & Sannipata (combination of 3 dosha) | LH | I | Dr. Mahendra Gaikwad |

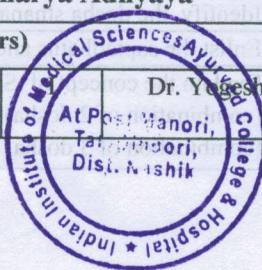


| | | | | |
|----|----------------------------------------------------------------------------------------|-------------------------------|---|----------------------|
| 9 | Elucidate concept of Prakruti (body constitution) | LH/Discussion | I | Dr. Mahendra Gaikwad |
| 10 | Explain the three types of digestive fire (agni) | LH/NLH in healthy volunteers. | I | Dr. Mahendra Gaikwad |
| 11 | Describe the three types of Koshta | LH/NLH in healthy volunteers. | I | Dr. Mahendra Gaikwad |
| 12 | Explain the effect of rasas on tridosha | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 13 | Describe the two types of potencies (Dwividha Virya) | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 14 | Describe the three types of Vipaka | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 15 | Explain the three types of dravya on the basis of Prabhav | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 16 | Explain the concept of Vruddhi & Kshaya (increase and decrease) | LH/ Group discussion | I | Dr. Mahendra Gaikwad |
| 17 | Discuss the causative factors of health and disease | LH/group discussion | I | Dr. Mahendra Gaikwad |
| 18 | Define health (aarogya) and disease stage(roga) | LH | I | Dr. Mahendra Gaikwad |
| 19 | Explain prakruta (normal) and vikruta (abnormal) conditions | LH | I | Dr. Mahendra Gaikwad |
| 20 | Explain the types of diseases (Roga) | LH | I | Dr. Mahendra Gaikwad |
| 21 | Explain the concept of Roga Adhishthana (abode of diseases) | LH | I | Dr. Mahendra Gaikwad |
| 22 | Enumerate Manas dosha | LH | I | Dr. Mahendra Gaikwad |
| 23 | Discuss the methods of assessment of patient | LH | I | Dr. Mahendra Gaikwad |
| 24 | Explain the methods of examination of disease | LH | I | Dr. Mahendra Gaikwad |
| 25 | Explain the three types of habitats(desa) | LH/NLH | I | Dr. Mahendra Gaikwad |
| 26 | Explain the two types of Bheshaja Kala | LH | I | Dr. Mahendra Gaikwad |
| 27 | Explain the Classification the treatment modules (Aushadha) | LH | I | Dr. Mahendra Gaikwad |
| 28 | Explain the treatment module for mental diseases (Mano Dosha Aushadham) | LH | I | Dr. Mahendra Gaikwad |
| 29 | Elaborate chikitsa chatuspada (4 factors in treatment) | LH/ NLH | I | Dr. Mahendra Gaikwad |
| 30 | Explain the types of prognosis of disease | LH/ NLH | I | Dr. Mahendra Gaikwad |
| 31 | Explain Concept of anupakramaneeya Atura Lakshana | LH | I | Dr. Mahendra Gaikwad |
| 32 | Enlist the chapters of Sutra Sthana | Self-learning | I | Dr. Mahendra Gaikwad |
| 33 | Enlist all Sthana and Adhyayas of Ashtang Hridaya and Uttara Tantra | Self-learning | I | Dr. Mahendra Gaikwad |
| 34 | Recite the shloka from 1 to 35 | Self-learning | I | Dr. Mahendra Gaikwad |
| 35 | Identify Adhikaran, Yoga, Padarth, Uddesh, Anagatavekshan Tantrayukti in this chapter. | LH/ Group discussion | I | Dr. Mahendra Gaikwad |

Ashtang Hriday Samhita Sutrasthan Chapter-2- Dinacharya Adhyaya

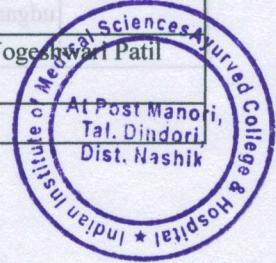
Time (LH:- 05 NLH + Samhita Pathan- 10 hours)

| | | | |
|---|----------------------------------------------|----|----------------------|
| 1 | Explain the need of waking up before sunrise | LH | Dr. Yugeshwari Patil |
|---|----------------------------------------------|----|----------------------|



| | | | | |
|----|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---|----------------------|
| 2 | Explain the importance of Shaucha Vidhi | LH 20 -H1 | I | Dr. Yogeshwari Patil |
| 3 | Explain the importance and contraindications of brushing (Dantadhavana) | LH/ NLH | I | Dr. Yogeshwari Patil |
| 4 | Identify the herbs used for Dantadhavan | Herbal garden visit | I | Dr. Yogeshwari Patil |
| 5 | Distinguish Sauveeranjana and Rasajan | LH/NLH | I | Dr. Yogeshwari Patil |
| 6 | Discuss contraindications of betel leaf consumption (Tambula) | LH/ Debate on benefits and harms of Betel leaf consumtion supported by current literature. | I | Dr. Yogeshwari Patil |
| 7 | Elaborate the concept of Abhyanga along with contraindications | LH/ NLH | I | Dr. Yogeshwari Patil |
| 8 | Discuss the importance, contraindications of exercise | LH/ NLH | I | Dr. Yogeshwari Patil |
| 9 | Discuss the rules regarding exercise and adverse effects of excessive exercise | Group Discussion Debate: Types of Exercise. e.g Arobiuc and anaerobic etc. supported by current literature discussions on Concept. | I | Dr. Yogeshwari Patil |
| 10 | Explain the benefits of powder massage (udvartan) | LH/NLH | I | Dr. Yogeshwari Patil |
| 11 | Elucidate the benefits and contraindications of bathing (snana) | LH/group discussion Literature search and Discussion by students. | I | Dr. Yogeshwari Patil |
| 12 | Explain the time of having food. | LH | I | Dr. Yogeshwari Patil |
| 13 | Explain rules regarding natural urges. | LH | I | Dr. Yogeshwari Patil |
| 14 | Explain the importance of righteousness (DharmaPalan) | NLH Group Activity: self identification of Mistake they are doing Plan to rectify and reassessment after duration.(6 months) | I | Dr. Yogeshwari Patil |
| 15 | Enumerate the types of bad deeds(Dasha Vidha Papakarma) | NLH | I | Dr. Yogeshwari Patil |
| 16 | Explain the concept of good principles and conduct (Sadvrutta) | NLH | I | Dr. Yogeshwari Patil |
| 17 | Explain the principles of personal hygiene (shuddhi) | NLH | I | Dr. Yogeshwari Patil |
| 18 | Recite the shlokas from 1 to 48 | Self-learning | I | Dr. Yogeshwari Patil |
| 19 | Assess and observe the Dinacharya Princiles. | Proforma based assessment in healthy volunteers/ patients. | I | Dr. Yogeshwari Patil |
| 20 | Justify the importance of Dinacharya | Application of Principles in own life | I | Dr. Yogeshwari Patil |
| 21 | Identify Upadesh, Ekant, Prayojan Tantrayukties in this chapter. | LH/ Group discussion | I | Dr. Yogeshwari Patil |

Ashtang Hriday Samhita – Sutrasthan Chapter 3- Rutucarya Adhyaya

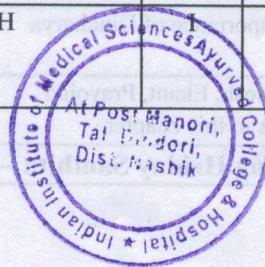


| Time (LH:- 05 ; NLH + Samhita Pathan:- 10 hours) | | | | |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---|----------------------|
| 1 | Explain the six seasons and the months in which they fall | LH/group discussions/ NLH | I | Dr. Mahendra Gaikwad |
| 2 | Elicidate the status of strength (bala) in Uttarayana and Dakshinayana | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 3 | Explain the relation between strength (bala)& seasons | LH | I | Dr. Mahendra Gaikwad |
| 4 | Discuss the climatic conditions, health status(bala, agni, dosha), appropriate food and regimen for Hemant rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 5 | Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Shishira rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 6 | Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Shishira rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 7 | Discuss the climatic conditions, health status (bala, agni,dosha), appropriate food and regimen for Greeshma rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 8 | Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Varsha rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 9 | Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Sharad rutu. | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 10 | Justify the importance of Rutucharya | Group discussions | I | Dr. Mahendra Gaikwad |
| 11 | Describe the special instructions pertaining diet (rasa, guna) and seasons | LH/group discussions/NLH | I | Dr. Mahendra Gaikwad |
| 12 | Identify the significance of Rutusandhi | LH | I | Dr. Mahendra Gaikwad |
| 13 | Recite the shloks - 1 to 6, 55-58 | Self learning | I | Dr. Mahendra Gaikwad |
| 14 | Apply the Principles of Rutucharya in practice | Proforma based assessment of healthy individuals or patients | I | Dr. Mahendra Gaikwad |
| 15 | Identify Prayojan, Swasdnya, Apadesh Tantrayukties in this chapter. | LH/ Group discussion | I | Dr. Mahendra Gaikwad |

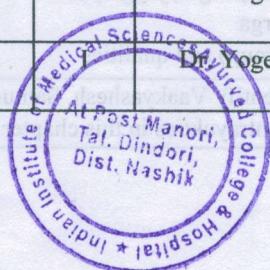
Ashtang Hriday Samhita – Sutrasthan- Chapter 4. Roganutpadaniya Adhyaya-

Time (LH:- 05 ; NLH + Samhita Pathan:- 10 hours)

| | | | | |
|---|-------------------------------------------------------------------------------------------------|----|---|----------------------|
| 1 | Enlist the adharaneeya vega (natural urges not to be suppressed by force) | LH | I | Dr. Yogeshwari Patil |
| 2 | Specify the diseases due to suppression of adhovata (flatus) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 3 | Specify the diseases due to suppression of purisha (fecal matter/ defecation) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 4 | Specify the diseases due to suppression of mootra (urine) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 5 | Specify the diseases due to suppression of udgaar (belching) and its treatment | LH | | Dr. Yogeshwari Patil |



| | | | | |
|----|-----------------------------------------------------------------------------------|----------------------|---|----------------------|
| 6 | Specify the diseases due to suppression of kshvathu (sneezing) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 7 | Specify the diseases due to suppression of trushna (thirst) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 8 | Specify the diseases due to suppression of kshudha (hunger) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 9 | Specify the diseases due to suppression of nidra (sleep) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 10 | Specify the diseases due to suppression of kaasa (cough) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 11 | Enumerate the diseases due to suppression of shrama shwasa and its treatment | LH | I | Dr. Yogeshwari Patil |
| 12 | Specify the diseases due to suppression of jrumbha (yawning) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 13 | Specify the diseases due to suppression of ashru (tears) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 14 | Specify the diseases due to suppression of vaman(vomiting) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 15 | Specify the diseases due to suppression of shukra (semen) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 16 | Describe the incurable condition of Vegadharan | LH | I | Dr. Yogeshwari Patil |
| 17 | Explain vegdharan as the root cause for many diseases and its common treatment | LH | I | Dr. Yogeshwari Patil |
| 18 | Explain the dharaneeya vega (urges to be controlled) | LH/ Group discussion | I | Dr. Yogeshwari Patil |
| 19 | Justify the importance of adharneeya and dharneeya vega to maintain health | Group discussions | I | Dr. Yogeshwari Patil |
| 20 | Explain importance of Shodhana chikitsa (purification techniques) | LH | I | Dr. Yogeshwari Patil |
| 21 | Explain the importance of Brumhana after Shodhana chikitsa | LH | I | Dr. Yogeshwari Patil |
| 22 | Explain the concept of Aagantu roga (traumatic diseases) and its treatment | LH | I | Dr. Yogeshwari Patil |
| 23 | Discuss the concept of rutu-shodhana (elimination of doshas according to seasons) | LH/Group Discussion | I | Dr. Yogeshwari Patil |
| 24 | Describe the importance of healthy diet and regimen. | LH/Group discussion | I | Dr. Yogeshwari Patil |
| 25 | Comply with health rules regarding vegdharan and hita- aahar-vihar. | | I | Dr. Yogeshwari Patil |
| 26 | Recite the shlokas from number 1 to 22, 24-31, 35 | Self-learning | | Dr. Yogeshwari Patil |



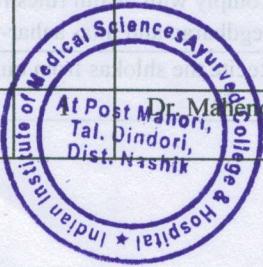
Dr. Yogeshwari Patil

| | | | | |
|----|------------------------------------------------------------------------------|-----------------------------------------------------------|---|----------------------|
| 27 | Assess the sign and symptoms caused due to suppression of Adharaneeya Vegas. | Proforma based assessment in healthy volunteers/patients. | I | Dr. Yogeshwari Patil |
| 28 | Identify Uddesh, Nirdesh, Tantrayukties in this chapter. | LH/ Group discussion | I | Dr. Yogeshwari Patil |

Ashtang Hriday Samhita – Sutrasthan- Chapter 05 Dravadravya Vijnaniya Adhyaya

Time (LH:- 05 ; NLH + Samhita Pathan:- 10 hours)

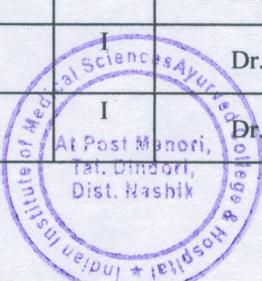
| | | | | |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---|----------------------|
| 1 | Differentiate between Gangambu (rain water) and Samudrambu (sea water) | LH discussion | I | Dr. Mahendra Gaikwad |
| 2 | Describe attributes of water from different sources | LH discussion | I | Dr. Mahendra Gaikwad |
| 3 | Explain the utilities of different states of water (avoiding of drinking water, hot water (ushnambu), cold water (sheetambu), Boiled and cold water (kwathita- sheetambu)) | LH discussion | I | Dr. Mahendra Gaikwad |
| 4 | Write the qualities of Narikelodakam (coconut water) | Discussion | I | Dr. Mahendra Gaikwad |
| 5 | Discuss the properties of ksheeram (milk), Dadhi (curd), Takra (mastu), navaneetam (white butter), Ghritam | LH discussion | I | Dr. Mahendra Gaikwad |
| 6 | List Properties of milk (ksheeras) of different sources. | LH | I | Dr. Mahendra Gaikwad |
| 7 | Differentiate the properties of ama (unboiled)and shruta (boiled) ksheeram (milk) | LH | I | Dr. Mahendra Gaikwad |
| 8 | Explain the rules for curd consumption | LH discussion | I | Dr. Mahendra Gaikwad |
| 9 | Write the properties of various milk preparations | LH discussion | I | Dr. Mahendra Gaikwad |
| 10 | Identify the properties and uses of sugarcane and its products | LH discussion | I | Dr. Mahendra Gaikwad |
| 11 | Enlist the properties of honey and Identify the various guidelines related to use of honey | LH discussion | I | Dr. Mahendra Gaikwad |
| 12 | Write the properties of tilatailam (Sesame oil) | LH discussion | I | Dr. Mahendra Gaikwad |
| 13 | Identify the characteristics of different oils | LH discussion | I | Dr. Mahendra Gaikwad |
| 14 | Classify various types of madyas (wines) | LH discussion | I | Dr. Mahendra Gaikwad |
| 15 | Explain the properties of Shukta, Dhanyamlam, sauveeraka, tushodaka etc., | LH discussion | I | Dr. Mahendra Gaikwad |
| 16 | Describe the properties and uses of various types of urine | LH discussion | I | Dr. Mahendra Gaikwad |
| 17 | Recite the shlokas- 1,16- 17, 20,29-32, 51,52,56 | Self- learning | I | Dr. Mahendra Gaikwad |
| 18 | Classify some common dravyas like milk, ghee, sugar, jaggery etc according to their varga (group) and qualities | NLH | I | Dr. Mahendra Gaikwad |
| 19 | Identify Vaakyashesh, Samucchaya, Yog Tantrayukties in this chapter. | LH/ Group discussion | I | Dr. Mahendra Gaikwad |



Charak Samhita Sutrasthan Chapter 1. Dirghamjivitiyam Adhyaya

Time (LH:- 07; NLH + Samhita Pathan:- 07 hours)

| | | | | |
|----|-------------------------------------------------------------------------------------------|--------|---|----------------|
| 1 | Discuss the Ayurvedavataram (Genealogy of Ayurveda) | LH | I | Dr. Vijay Dive |
| 2 | Discuss the chaturvarga and its main factor for achieving it | LH | I | Dr. Vijay Dive |
| 3 | Discuss about the trisutra of Ayurveda (three principles of health and disease) | LH | I | Dr. Vijay Dive |
| 4 | Discuss the about the six padarthas (six basic principles) | LH | I | Dr. Vijay Dive |
| 5 | Discuss the characteristics of Ayurveda | LH | I | Dr. Vijay Dive |
| 6 | Discuss the characteristics of Ayu (life) and its synonyms | LH | I | Dr. Vijay Dive |
| 7 | Discuss the characteristics of samanya (similarity) and visha (difference/uniqueness) | LH | I | Dr. Vijay Dive |
| 8 | Discuss about the Tridanda (tripod of life) | LH | I | Dr. Vijay Dive |
| 9 | Discuss the classification and characteristics of the dravyas (basic elements) | LH | I | Dr. Vijay Dive |
| 10 | Discuss the classification and characteristics of the gunas | LH | I | Dr. Vijay Dive |
| 11 | Define karma (actions) | LH | I | Dr. Vijay Dive |
| 12 | Explain samavaya (inseparable concomitance) | LH | I | Dr. Vijay Dive |
| 13 | Explain the aims of Ayurveda | LH | I | Dr. Vijay Dive |
| 14 | Explain the three causative factors of disease | LH | I | Dr. Vijay Dive |
| 15 | Explain the abode of vyadhi and arogya | LH | I | Dr. Vijay Dive |
| 16 | Discuss the characteristics of Atma | LH | I | Dr. Vijay Dive |
| 17 | Explain the sharira and manasa doshas | LH | I | Dr. Vijay Dive |
| 18 | Discuss the treatment of sharira and manasa doshas | LH | I | Dr. Vijay Dive |
| 19 | Discuss the gunas of vayu and its treatment | LH | I | Dr. Vijay Dive |
| 20 | Discuss the gunas of pitta and its treatment | LH | I | Dr. Vijay Dive |
| 21 | Discuss the gunas of shleshma and its treatment | LH | I | Dr. Vijay Dive |
| 22 | Discuss about the treatment for sadhya and asadhyu vikara (curable and incurable disease) | LH | I | Dr. Vijay Dive |
| 23 | Explain the rasa | LH | I | Dr. Vijay Dive |
| 24 | Classify the dravya based on their effects on body and their origin | LH | I | Dr. Vijay Dive |
| 25 | Enumerate the dravya based on the useful parts (upayuktanga) | LH/NLH | I | Dr. Vijay Dive |
| 26 | Discuss about the identification of drugs by name, form and its action | LH/NLH | I | Dr. Vijay Dive |
| 27 | Discuss about the duties for one aspires to be a physician. | LH | I | Dr. Vijay Dive |



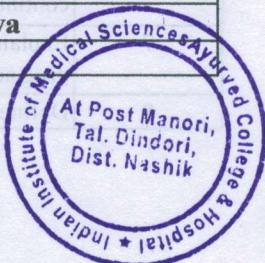
| | | | | |
|----|------------------------------------------------------------------|---------------------------|---|----------------|
| 28 | Discuss about the best drug | LH | I | Dr. Vijay Dive |
| 29 | Discuss about the best physician endowed with all good qualities | LH | I | Dr. Vijay Dive |
| 30 | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 | Swadhyaya (self learning) | I | Dr. Vijay Dive |
| 31 | Identify Uddesha, Nirdesh Tantrayukties in this chapter | LH/ Group discussion | I | Dr. Vijay Dive |



| | | | |
|----|----------------|---|------------------------------------------------------------------|
| 1 | Dr. Vijay Dive | I | Discuss about the best drug |
| 2 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 3 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 4 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 5 | Dr. Vijay Dive | I | Discuss about the best drug |
| 6 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 7 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 8 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 9 | Dr. Vijay Dive | I | Discuss about the best drug |
| 10 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 11 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 12 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 13 | Dr. Vijay Dive | I | Discuss about the best drug |
| 14 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 15 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 16 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 17 | Dr. Vijay Dive | I | Discuss about the best drug |
| 18 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 19 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 20 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 21 | Dr. Vijay Dive | I | Discuss about the best drug |
| 22 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 23 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 24 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 25 | Dr. Vijay Dive | I | Discuss about the best drug |
| 26 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 27 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 28 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |
| 29 | Dr. Vijay Dive | I | Discuss about the best drug |
| 30 | Dr. Vijay Dive | I | Discuss about the best physician endowed with all good qualities |
| 31 | Dr. Vijay Dive | I | Recite the shlokas 15, 24, 28, 29, 31, 41, 42, 44 - 67, 134, 135 |
| 32 | Dr. Vijay Dive | I | Identify Uddesha, Nirdesh Tantrayukties in this chapter |

SECOND TERM (MAY 2024 TO OCT 2024)

| Sr. No | Topic | LH/ NLH | Term | TEACHER NAME |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------|------|----------------------|
| Ashtang Hriday Samhita – Sutrasthan- Chapter 6. Annaswaroopa Vijnaneeya Adhyaya | | | | |
| Time (LH:- 05 ; NLH + Samhita Pathan 06 hours) | | | | |
| 1 | To classify the shukadhanya (cereals) | LH | II | Dr. Yogeshwari Patil |
| 2 | Enumerate the qualities of each shukadhanya (cereals) | LH | II | Dr. Yogeshwari Patil |
| 3 | Classify the shimbidhanya (pulses) | LH | II | Dr. Yogeshwari Patil |
| 4 | Enumerate the qualities of each shimbidhanya (pulses) | LH discussion | II | Dr. Yogeshwari Patil |
| 5 | Enumerate the qualities of various types of mamsa (meat) | LH discussion | II | Dr. Yogeshwari Patil |
| 6 | Enumerate the qualities of various types of shaka | LH discussion | II | Dr. Yogeshwari Patil |
| 7 | Enumerate the qualities of various types of fruits | LH discussion | II | Dr. Yogeshwari Patil |
| 8 | Enumerate the qualities of various types of krtannavarga (cooked food) | LH discussion | II | Dr. Yogeshwari Patil |
| 9 | Enumerate the qualities of various types of medicinal dravyas (herbs) | LH discussion | II | Dr. Yogeshwari Patil |
| 10 | Classify certain common dravyas according to varga and functions | Group activities | II | Dr. Yogeshwari Patil |
| 11 | Identify Samucchaya, Prayojan, Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Yogeshwari Patil |
| Ashtang Hriday Samhita – Sutrasthan- Chapter 7. Annaraksha Adhyaya- | | | | |
| Time (LH:- 04 ; NLH + Samhita Pathan 06 hours) | | | | |
| 1 | Describe the role of Rajavaidya (Noble Physician) | Discussion | II | Dr. Mahendra Gaikwad |
| 2 | Identify the characteristics adulterated food stuffs | Discussion | II | Dr. Mahendra Gaikwad |
| 3 | Describe the symptoms caused by poisoned or adulterated food | Discussion | II | Dr. Mahendra Gaikwad |
| 4 | Discuss the treatment module for poisoning | Discussion | II | Dr. Mahendra Gaikwad |
| 5 | Define virudhahara (incompatible foods) with examples | LH discussion | II | Dr. Mahendra Gaikwad |
| 6 | Discuss the treatment methods for virudhahara (incompatible foods) | LH discussion | II | Dr. Mahendra Gaikwad |
| 7 | Follow the principles regarding viruddh aahar | Discussion | II | Dr. Mahendra Gaikwad |
| 8 | Explain the process of satmikaran (accustomization) | LH discussion | II | Dr. Mahendra Gaikwad |
| 9 | Explain the three accessory pillars of life (diet, sleep and non- celibacy) | LH discussion | II | Dr. Mahendra Gaikwad |
| 10 | Explicate the significance of judicious sleep | Discussion | II | Dr. Mahendra Gaikwad |
| 11 | Recite the shloka- 45, 48, 50, 53-55 | Self- learning | II | Dr. Mahendra Gaikwad |
| 12 | Identify Nidarshan, Samucchay, Prayojan, swasadnya Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Mahendra Gaikwad |
| Ashtang Hriday Samhita – Sutrasthan- Chapter 8. Annaraksha Adhyaya | | | | |
| Time (LH:- 05 ; NLH + Samhita Pathan 08 hours) | | | | |

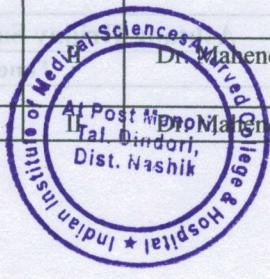


| | | | | |
|----|-------------------------------------------------------------------------------------------------------------------------|---------------------------|----|----------------|
| 1 | Explain the importance of matra (proper quantity of food) for maintenance of health | LH | II | Dr. Vijay Dive |
| 2 | Describe how to quantify food | LH | II | Dr. Vijay Dive |
| 3 | Determine the adverse effects of heena matra (inadequate quantity of food) and atimatra (excess quantity of food) ahara | LH | II | Dr. Vijay Dive |
| 4 | Discuss the etiopathogenesis, symptoms and treatment principles of Alasaka and Visuchika. | LH | II | Dr. Vijay Dive |
| 5 | Classify between various types of Apatarpan therapies | LH | II | Dr. Vijay Dive |
| 6 | Classify various types of ajeerna | LH | II | Dr. Vijay Dive |
| 7 | Enlist unwholesome food items | Group discussion | II | Dr. Vijay Dive |
| 8 | Identify various unhealthy food habits | Group discussion | II | Dr. Vijay Dive |
| 9 | Recommend ideal regimen for consumption of food (aaharvidhi) | Discussion | II | Dr. Vijay Dive |
| 10 | Differentiate between the food items recommended and non-recommended for daily use | LH Group Activity. | II | Dr. Vijay Dive |
| 11 | Advise the right order of food items in a meal | Discussion/ activities | II | Dr. Vijay Dive |
| 12 | Select anupanas (after drink) based on ahara and aushadha | LH/ Discussion | II | Dr. Vijay Dive |
| 13 | Identify the conditions where Anupan is contraindicated | LH/ Discussion | II | Dr. Vijay Dive |
| 14 | Advise the right time of food consumption (Aahar Kala) | LH/ Discussion/activities | II | Dr. Vijay Dive |
| 15 | Recite the shlokas-1-3, 6,7, 17, 19, 20,21, 25-30, 33-34 | Self - learning | II | Dr. Vijay Dive |
| 16 | Justify the various principles of diet regarding quantity and time | Discussion/ activities | II | Dr. Vijay Dive |
| 17 | Identify Prayojan, Upadesh, Padartha, Yog, Swasdnya Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Vijay Dive |

Ashtang Hriday Samhita – Sutrasthan- Chapter 9. Dravyaadi Vijnaniya Adhyaya-

Time (LH:- 04 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|---|-----------------------------------------------------------------------------------------------|----|----|----------------------|
| 1 | Justify the predominance of Dravya | LH | II | Dr. Mahendra Gaikwad |
| 2 | Elaborate the prevalence of Panchamahabutas in Dravyas | LH | II | Dr. Mahendra Gaikwad |
| 3 | Differentiate between Rasa and Anurasa (primary taste and secondary taste) | LH | II | Dr. Mahendra Gaikwad |
| 4 | Analyse the characteristics of Panchabhautik dravyas | LH | II | Dr. Mahendra Gaikwad |
| 5 | Recognise the aushadatva (medicinal value) of all substances | LH | II | Dr. Mahendra Gaikwad |
| 6 | Demonstrate the importance of Panchabhautikdravyas in restoration and continuation of health. | LH | II | Dr. Mahendra Gaikwad |
| 7 | Explain the importance of Mahabutas and drug action | LH | II | Dr. Mahendra Gaikwad |
| 8 | Define Veerya and Vipaka | LH | II | Dr. Mahendra Gaikwad |



| | | | | |
|----|------------------------------------------------------------------------|----------------------|----|----------------------|
| 9 | Discuss the types and the various opinions related with Veerya. | LH | II | Dr. Mahendra Gaikwad |
| 10 | Explain Vipaka and its types. | LH | II | Dr. Mahendra Gaikwad |
| 11 | Discuss the hierarchy of active principles of Dravya (matter) | LH | II | Dr. Mahendra Gaikwad |
| 12 | Define Prabhava | LH | II | Dr. Mahendra Gaikwad |
| 13 | Recall the exemplified functions of various active principles | LH | II | Dr. Mahendra Gaikwad |
| 14 | Describe the Saman pratyayarabdha and Vichitra-pratya-arabdha Dravyas. | LH | II | Dr. Mahendra Gaikwad |
| 15 | Recite the shlokas – 1,2,3, 4,10, 12, 13, 20,26,27,28 | Self- learning | II | Dr. Mahendra Gaikwad |
| 16 | Identify Swasdnya, Nirvachan Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Mahendra Gaikwad |

Ashtang Hriday Samhita – Sutrasthan- Chapter 10. Rasabhediya Adhyaya

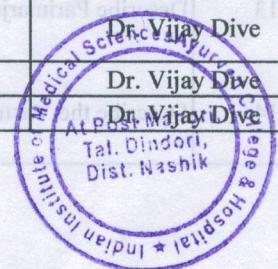
Time (LH:- 05 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|----|-------------------------------------------------------------------------------------|----------------------------------------|----|----------------------|
| 1 | Describe the formation of rasa from mahabhoota | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 2 | Identify the examples and exceptions of the six rasa | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 3 | Explain the features of six rasa with examples and exceptions | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 4 | Explain the functions of six rasa | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 5 | Describe the symptoms due to excess use (atiyog) of the six rasa | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 6 | Analyze the tartamatva of rasas (hierarchy of rasa on the basis of characteristics) | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 7 | Enlist the 63 types of permutation and combination of rasa | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 8 | Classify the dravyas according to the rasa skand (group) | Discussion/ activities based proformas | II | Dr. Yogeshwari Patil |
| 9 | Recite the shlokas-1-21, 33-38 | Self- learning | II | Dr. Yogeshwari Patil |
| 10 | Identify Uddesh, Nirdesh, Apavarga Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Yogeshwari Patil |

Charak Samhita Sutrasthan Chapter 2. Apamarga Tanduliya Adhyaya;

Time (LH:- 02 ; NLH + Samhita Pathan 06 hours)

| | | | | |
|---|--------------------------------------------------------------|-------------------------------------------|----|----------------|
| 1 | Enumerate few Shiro Virechana Dravya & Main Indications | LH/Audio visual aids/ Herbal garden visit | II | Dr. Vijay Dive |
| 2 | Enumerate few Vamana Dravya & Main Indications | LH/Audio visual aids/ Herbal garden visit | II | Dr. Vijay Dive |
| 3 | Enumerate few Virechana Dravya & Main Indications | LH/Audio visual aids/ Herbal garden visit | II | Dr. Vijay Dive |
| 4 | Enumerate few Asthapana Basti Dravya & Main Indications | LH/Audio visual aids/ Herbal garden visit | II | Dr. Vijay Dive |
| 5 | Enumerate few Anuvasana Basti Dravya & Main Indications | LH/Audio visual aids/ Herbal garden visit | II | Dr. Vijay Dive |
| 6 | Enumerate the names & Main Indications of 28 Types of Yavagu | LH/Audio visual aids | II | Dr. Vijay Dive |
| 7 | Explain the Importance Of Panchakarma | LH | II | Dr. Vijay Dive |
| 8 | Explain the features of Vaidya | LH/Group Discussion | II | Dr. Vijay Dive |
| 9 | Recite Shlokas 15,16,36 | Self- learning | II | Dr. Vijay Dive |



| | | | | |
|----|-----------------------------------------------------------------|----------------------|----|----------------|
| 10 | Identify the dravyas on the basis of actions | Herbal garden visit | II | Dr. Vijay Dive |
| 11 | Identify Upadesha, Samucchaya Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Vijay Dive |

Charak Samhita Sutrasthan Chapter 3. Aragvadhiya Adhyaya-

Time (LH:- 01 ; NLH + Samhita Pathan 06 hours)

| | | | | |
|---|------------------------------------------------------|--------|----|----------------------|
| 1 | Mention Thirty Two Churna Pradeha & Main Indications | LH/NLH | II | Dr. Mahendra Gaikwad |
|---|------------------------------------------------------|--------|----|----------------------|

Charak Samhita Sutrasthan Chapter 4. Shadvirechana-shatashrityiya Adhyaya-

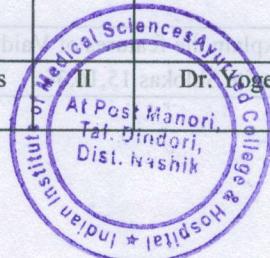
Time (LH:- 03 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|---|---------------------------------------------------------------------|----------------------|----|----------------------|
| 1 | List the six abodes of purgatives | Discussion | II | Dr. Mahendra Gaikwad |
| 2 | Enlist the five tastes for medicinal preparation | LH, discussion | II | Dr. Mahendra Gaikwad |
| 3 | Define the five types of medicinal preparations/ forms | LH / NLH | II | Dr. Mahendra Gaikwad |
| 4 | Enlist the 50 groups of medicines as per their actions | LH | II | Dr. Mahendra Gaikwad |
| 5 | Limitations for description of medicinal drugs in Samhita | LH | II | Dr. Mahendra Gaikwad |
| 6 | Identify Swasadnya , Samucchaya, Yog Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Mahendra Gaikwad |

Charak Samhita Sutrasthan Chapter- 05 Matrashiteeya Adhyaya-

Time (LH:- 03 ; NLH + Samhita Pathan 10 hours)

| | | | | |
|----|---------------------------------------------------------------|------------------------------------------|----|----------------------|
| 1 | Explain Matravat Ahara | LH, Audio- Visual aids, Group Discussion | II | Dr. Yogeshwari Patil |
| 2 | Define and enlist Nature of Ahara (Guru, Laghu) | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 3 | Explain the significance of MatravatAharaPhala | LH, Audio- Visual aids, Group Discussion | II | Dr. Yogeshwari Patil |
| 4 | Discuss role of AharaSevanaVidhana on the bases of its nature | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 5 | Define Swasthavrutta | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 6 | Explain Anjana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 7 | Explain Dhumapana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 8 | Explain Nasya | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 9 | Explain Dantadhavana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 10 | Explain Jivhanirlekhana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 11 | Explain Gandusha | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 12 | Explain Abhyanga with types | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 13 | Describe Parimarjana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 14 | Describe the VastraGandhaMalyadiDha rana | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |



| | | | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----|----------------------|
| 15 | Explain the concept of Shouchavidhi | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 16 | Discuss the Kshoura Karma | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 17 | Define PadatraDharan with importance. | LH Audio- Visual aids Group Discussion | II | Dr. Yogeshwari Patil |
| 18 | Explain the ChatraDharana | LH Audio- Visual aids | II | Dr. Yogeshwari Patil |
| 19 | Justify the importance of the procedures mentioned as dincharya | Group Discussion | II | Dr. Yogeshwari Patil |
| 20 | Recite the shlokas 4, 12-13, 34-35, 56-57, 68-69, 81-83, 103 | Swadhyaya (self learning) | II | Dr. Yogeshwari Patil |
| 21 | Identify Upadesh, Padarth,, Nidarshan Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Yogeshwari Patil |
| 22 | Research Updates: Role of Dinacharya to maintain circadian rhythm Role of therapeutic message for cell rejuveination Mechanism of satiation and proper quantity of food (Sauhitya Matra) | LH; Audio- visual aids | II | Dr. Yogeshwari Patil |

Charak Samhita Sutrasthan Chapter-6. Tasyashiteeya Adhyaya-

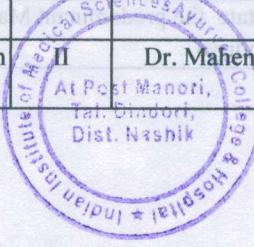
Time (LH:- 04 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|----|-----------------------------------------------------------------------------------------------------------------|----------------------------------------|----|----------------|
| 1 | Discuss the importance of Classification of Samvastara | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 2 | Explain the significance of Visarga Kala | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 3 | Explain the significance of Adana kala | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 4 | Explain the nature of climate in Shadrutu | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 5 | Explain Sevaniya and Nishiddh Ahara Vihara in Shadrutu | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 6 | Define and explain the properties of Hamsodaka | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 7 | Justify the regimen mentioned as per seasons | Group Discussion | II | Dr. Vijay Dive |
| 8 | Describe Saatmya and its types | LH Audio- Visual aids Group Discussion | II | Dr. Vijay Dive |
| 9 | Recite Shloka number 18, 21, 29, 35, 45, 49, 50 | Swadhyaya -Self learning | II | Dr. Vijay Dive |
| 10 | Identify Uddesh- Nirdesh , swasadnya Tantrayukties in this chapter.. | LH/ Group discussion | II | Dr. Vijay Dive |
| 11 | Research Updates: What causes the season: Summer and winter solistice- Equinoxes- Rotation of earth around sun. | LH, Audio- visual aids | II | Dr. Vijay Dive |

Charak Samhita Sutrasthan Chapter-7. Naveganadharaniya Adhyaya

Time (LH:- 04 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|---|------------------------------------------------------------|----------------------------|----|----------------------|
| 1 | Enumerate Adharaniya and Dharaniya Vega | LH/ Group discussion/ | II | Dr. Mahendra Gaikwad |
| 2 | Describe symptoms and treatment pattern of Adharaniya Vega | LH/ Group discussion /quiz | II | Dr. Mahendra Gaikwad |
| 3 | Cite symptoms and treatment pattern of Dharaniya Vega | LH/ quiz/Group discussion | II | Dr. Mahendra Gaikwad |

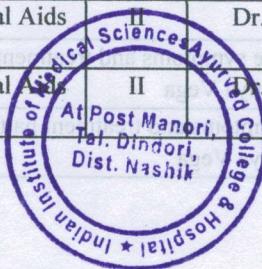


| | | | | |
|----|---------------------------------------------------------------------------------------|---------------------------------------------|----|----------------------|
| 4 | Quote the contraindicated actions of mind, speech and body. | LH/ quiz/Group discussion | II | Dr. Mahendra Gaikwad |
| 5 | Describe concept, effects and benefits of exercise | LH/ recitation/ quiz/Audiovisual aids | II | Dr. Mahendra Gaikwad |
| 6 | describe symptoms due to excessive exercise | LH/ Group discussion/ quiz/Audiovisual aids | II | Dr. Mahendra Gaikwad |
| 7 | Describe the action which should be avoided in excess | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 8 | Describe pattern of Ahita Krama tyaga | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 9 | Classify deha prakruti | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 10 | Describe Aagantuj vyadhis (exogenous diseases) | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 11 | Describe Pradnyaparadhaj vyadhi | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 12 | State Vikar Anutpatti Vidhi (Preventive measures of diseases) | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 13 | describe treatment of Aagantuj (exogenous) and Manas (psychological)diseases | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 14 | Describe shodhan treatment as per season | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 15 | Describe Aapta and anapta purush | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 16 | Describe the rules of eating curd | LH/ Group | II | Dr. Mahendra Gaikwad |
| 17 | Recite shloka number 27, 28, 29, 30, 31, 39, 40, 55, 60. | LH/ Group discussion/ quiz | II | Dr. Mahendra Gaikwad |
| 18 | Identify Arthapatti , Nirvachan, Vyakhyan Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Mahendra Gaikwad |
| 19 | Research Updates: Corelation of genomic variation with the classification of Prakriti | LH/ Audio- visual aids | II | Dr. Mahendra Gaikwad |

Charak Samhita Sutrasthan Chapter-8. Indriyopakramaniya Adhyaya-

Time (LH:- 04 ; NLH + Samhita Pathan 06 hours)

| | | | | |
|---|----------------------------------------------------------|------------------------|----|----------------------|
| 1 | Enumerate Indriya/ Dravya/Adhishthana/ Artha/ Buddhi | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 2 | Write the characteristics of Mana | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 3 | Justify the ektvam of Manas | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 4 | State that Sattvikatva, Rajasatva and Tamasatva of Manas | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 5 | Tabulate Indriya PanchaPanchaka | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 6 | Quote Adhyatma Dravya Guna Sangraha | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 7 | State the predominant Mahabhuta in each Indriya | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |



| | | | | |
|----|--------------------------------------------------------------------|------------------------------------------|----|----------------------|
| 8 | Know the role of Indriya and Mana in Prakriti and Vikriti | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 9 | Discuss the Causes and Benefits of Sadvritta Anushthana | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 10 | Elaborate the Do's and Don'ts in Sadvritta | LH/ Audio- Visual Aids/ Group Discussion | II | Dr. Yogeshwari Patil |
| 11 | Explain Hetuchatushtaya | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 12 | State the guideline for Anukta Sadvritta | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 13 | Recite the shloka number 7-13, 34 | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |
| 14 | Identify Upadesha , Samucchaya, Yog Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Yogeshwari Patil |
| 15 | Research updates: Mental health and gut microbiota. | LH/ Audio- Visual Aids | II | Dr. Yogeshwari Patil |

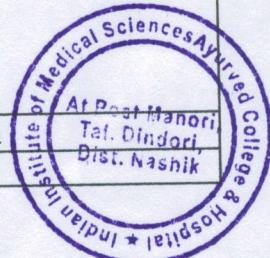
Charak Samhita Sutrasthan Chapter-9. Khuddakachatushpada Adhyaya

Time (LH:- 03 ; NLH + Samhita Pathan 06 hours)

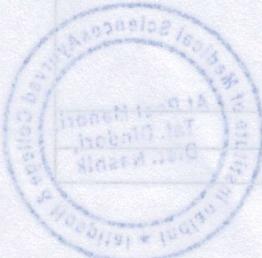
| | | | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----|----------------------|
| 1 | Cite Chikitsa Chatushpada (four components of healthcare) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 2 | Define Roga-Arogya (disease-health) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 3 | Define Chikitsa (treatment) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 4 | List the Qualities of Vaidya (physician) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 5 | List the Qualities of Dravya (medicine) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 6 | List the Qualities of Paricharaka (nursing staff) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 7 | List the Qualities of Aatura (patient) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 8 | State the importance of Vaidya in the 4 components of healthcare | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 9 | Write the Complications due to ignorant physician | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 10 | Describe the Sadvaidya Qualities (good physician) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 11 | Write the duties of the physician | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 12 | List Four types of Vaidya vrtti (attitude of the physician) | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 13 | Recite the shloka number 3,4,5,18,20,21, 24,25,26 | LH/ Audio- Visual Aids | II | Dr. Mahendra Gaikwad |
| 14 | Discuss the qualities and duties of a good physician | | II | Dr. Mahendra Gaikwad |
| 15 | Identify Uddesh, Nirdesh, Nidarshan Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Mahendra Gaikwad |
| 16 | Research Updates: Medical ethics-principles Soft Skill development for medical students Emotional Intelligence as a crucial component in medical education | LH / Audio- Visual aids | II | Dr. Mahendra Gaikwad |

Charak Samhita Sutrasthan Chapter-10. Mahachatushpada Adhyaya

Time (LH:- 03 ; NLH + Samhita Pathan 06 hours)

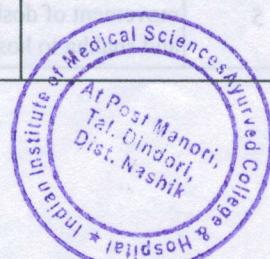


| | | | | |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----|----------------|
| 1 | Substantiation of Chatushpadaa- bheshajam alam aarogyaayeti (aatreya-krt), Bheshaja-abheshajayo tulyatva pratipaadaana – (maitreya- krt), Its conclusion by Atreya, | LH with substantiation of the point by mentioning contemporary examples | II | Dr. Vijay Dive |
| 2 | Explain the Cikitsaa sootram- Cikitsaayaam yasolaabhe kaaranam, | LH with substantiation of the point by mentioning | II | Dr. Vijay Dive |
| 3 | Asaadhyaroga- cikitsaayaam haani, | LH with substantiation of the point by mentioning contemporary examples | II | Dr. Vijay Dive |
| 4 | Describe the upamaana pramaana | LH with substantiation of the point by mentioning contemporary examples | II | Dr. Vijay Dive |
| 5 | Enumerate and analyse the further classification of saadhyaa-asaadhyata | LH with live demonstration in OP | II | Dr. Vijay Dive |
| 6 | Identify, judge and discuss Sukha-saadhyaa lakshanam, Krcchra- saadhyaa lakshanam, Yaapya lakshanam and Pratyakhyeya lakshanam | LH and clinical demonstration | II | Dr. Vijay Dive |
| 7 | Apply and interpret the benefit of knowledge of prognosis | LH | II | Dr. Vijay Dive |
| 8 | Analyse the term mithyaa- buddhi and accept responsibility to not end up as a mithyaa-buddhi at any point of time of the profession | LH | II | Dr. Vijay Dive |
| 9 | Recite Shloka number 14 to 20 | LH, swaadhyaaaya | II | Dr. Vijay Dive |
| 10 | Identify Nirnaya, Swasdnya, Sanshaya, Ekant Tantrayukties in this chapter. | LH/ Group discussion | II | Dr. Vijay Dive |



THIRD TERM (NOV 2024 TO APRIL 2025)

| Sr. No | Topic | LH/ NLH | Term | TEACHER NAME |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------|------|----------------------|
| Ashtang Hriday Samhita – Sutrasthan- Chapter 11. Doshadi Vijnaniya Adhyaya | | | | |
| Time (LH:- 08 ; NLH + Samhita Pathan 10 hours) | | | | |
| 1 | Discuss the importance of dosha dhatus mala | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 2 | Explain dosha dhatus mala prakruta karma (normal functions) | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 3 | Identify the normal functions of dosha, dhatus and mala | Activity based proformas | III | Dr. Mahendra Gaikwad |
| 4 | Explain dosha dhatus mala vaikrutha (vruddha and ksheena) karma (abnormal functions) | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 5 | Identify the effects due to vruddhi (increase) or kshaya (decrease) of dosha, dhatus and mala | Activity based proformas | III | Dr. Mahendra Gaikwad |
| 6 | Explain the relation between dosha and dhatus. | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 7 | Explain the treatment principles for vitiated dosha, dhatus and mala | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 8 | Elucidate the concept of agni | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 9 | Discuss Superiority of Jatharagni | LH, Discussion | III | Dr. Mahendra Gaikwad |
| 10 | Assess the status of Agni. | Activities | III | Dr. Mahendra Gaikwad |
| 11 | Explain the general pathophysiology for origin of Diseases | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 12 | Explain the concept of Ojas | LH, Discussion | III | Dr. Mahendra Gaikwad |
| 13 | Explain aetiological factors for Ojakshaya | LH | III | Dr. Mahendra Gaikwad |
| 14 | Explain Ojakshaya Lakshana | LH, Discussion | III | Dr. Mahendra Gaikwad |
| 15 | Identify Ojakshaya Lakshana | LH Audio- Visual aids | III | Dr. Mahendra Gaikwad |
| 16 | Discuss general diet principles for vriddhi and kshaya (vitiated doshas) | Activity based proformas | III | Dr. Mahendra Gaikwad |
| 17 | Recite shlokas from 1 to 45 | Self- learning | III | Dr. Mahendra Gaikwad |
| 18 | Identify Samuchchaya, Adhikaran, Vakyashesh Tantrayukties in this chapter. | LH/ Group discussion | III | Dr. Mahendra Gaikwad |
| Ashtang Hriday Samhita – Sutrasthan- Chapter 12. Doshabhediya Adhyaya- | | | | |
| Time (LH:- 08 ; NLH + Samhita Pathan 10 hours) | | | | |
| 1 | Enumerate the seats of vata, pitta and kapha doshas | LH Audio- Visual aids | III | Dr. Yogeshwari Patil |
| 2 | Enlist types of vata, pitta and kapha doshas. | LH Audio- Visual aids | III | Dr. Yogeshwari Patil |
| 3 | Describe the specific seats and functions of types of vata, pitta and kapha doshas. | LH Audio- Visual aids | III | Dr. Yogeshwari Patil |
| 4 | Discuss the importance of types of vata, pitta and kapha doshas. | LH Audio- Visual aids | III | Dr. Yogeshwari Patil |
| 5 | Identify the different types of dosha according to location and functions | Proforma based activities | III | Dr. Yogeshwari Patil |
| 6 | Elucidate the concept of Chaya (accumulation), Prakopa (aggravation) and Prashama (alleviation) of vata, pitta and kapha doshas. | LH Audio- Visual aids | III | Dr. Yogeshwari Patil |

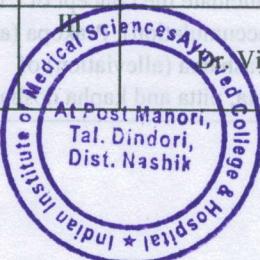


| | | | | |
|----|-----------------------------------------------------------------------------------------------------------|----------------------------------|-----|----------------------|
| 7 | Discuss the impact of seasonal variation in accumulation and aggravation of vata, pitta and kapha doshas. | LH Audio- Visual aids/Discussion | III | Dr. Yogeshwari Patil |
| 8 | Discuss the superiority of dosha in manifestation of diseases | LH Audio- Visual aids/Discussion | III | Dr. Yogeshwari Patil |
| 9 | Identify general aetiological factors responsible for manifestation of diseases | LH/ Discussion | III | Dr. Yogeshwari Patil |
| 10 | Describe Trividha Roga marga (pathways of diseases) | LH | III | Dr. Yogeshwari Patil |
| 11 | Enlist various disorders of Trividha Roga marga (pathways of diseases) | LH/ | III | Dr. Yogeshwari Patil |
| 12 | Recognise the importance of concept of Trividha Roga marga in diagnosis and prognosis of diseases. | Discussion | III | Dr. Yogeshwari Patil |
| 13 | Enumerate the symptoms of aggravated Vata-Pitta – Kapha dosha | LH, Discussion | III | Dr. Yogeshwari Patil |
| 14 | Identify the prakopa lakshana of dosha in various diseases | Discussion, Group activities | III | Dr. Yogeshwari Patil |
| 15 | Explain the concept of unnamed diseases | LH, Discussion | III | Dr. Yogeshwari Patil |
| 16 | Define svatantra and partantra vyadhi (primary and secondary diseases) | LH | III | Dr. Yogeshwari Patil |
| 17 | Enumerate the types of assessment methods | LH, Discussion | III | Dr. Yogeshwari Patil |
| 18 | Demonstrate the types of assessment methods. | Group Activities | III | Dr. Yogeshwari Patil |
| 19 | Explain the concept of Guru Vyadhit and Laghu Vyadhit (gravity of disease and contrary presentation) | LH, Discussion | III | Dr. Yogeshwari Patil |
| 20 | Enlist the 63 types of Permutation and combination of dosha | LH | III | Dr. Yogeshwari Patil |
| 21 | Recite the shlokas 1-72 | Self- learning | III | Dr. Yogeshwari Patil |
| 22 | Identify Apadesh, Samucchaya Tantrayukties in this chapter Tantrayukties in this chapter. | LH/ Group discussion | III | Dr. Yogeshwari Patil |

Ashtang Hriday Samhita – Sutrasthan- Chapter 13 Doshopakramaniya Adhyaya

Time (LH:- 07 ; NLH + Samhita Pathan 12 hours)

| | | | | |
|---|------------------------------------------------------------------------------------------------------|-----------------------|-----|----------------|
| 1 | Explain the therapeutic procedures and specific management of vata, pitta and kapha dosha | LH | III | Dr. Vijay Dive |
| 2 | Explain the seasonal regimen to be adopted in various combinations of vitiated Doshas | LH/Gro up Discussions | III | Dr. Vijay Dive |
| 3 | Discuss the importance of treatment of doshas in accumulation stage | LH/Gro up Discussions | III | Dr. Vijay Dive |
| 4 | Differentiate the accurate and inaccurate therapeutic procedures. | LH/Gro up Discussions | III | Dr. Vijay Dive |
| 5 | Elaborate the factors responsible for movement of doshas from koshta to shakha and shakha to koshta. | LH | III | Dr. Vijay Dive |



| | | | | |
|----|-----------------------------------------------------------------------------------------------------------|----------------------|-----|----------------|
| 6 | Elaborate the concept of tiryag-gatadosha (migration to other abodes) and its treatment principle. | LH | III | Dr. Vijay Dive |
| 7 | Describe the line of treatment for SthaniDosha (native) and AagantuDosha (immigrant) | LH | III | Dr. Vijay Dive |
| 8 | Explain the concept of Aama. | LH | III | Dr. Vijay Dive |
| 9 | Enumerate the symptoms of saam and niraam doshas. | LH | III | Dr. Vijay Dive |
| 10 | Elaborate the symptoms of saamadosha and their treatment | LH | III | Dr. Vijay Dive |
| 11 | Analyze the 10 types of aushadha sevan kaal (Time, Method and indications of administration of medicine). | LH/Discussion | III | Dr. Vijay Dive |
| 12 | Recite the shlokas-1-41 | Self-learning | III | Dr. Vijay Dive |
| 13 | Identify Swasadnya, Nidarshan, Uddesh, Nirdesh Tantrayukties in this chapter. | LH/ Group discussion | III | Dr. Vijay Dive |

Ashtang Hriday Samhita – Sutrasthan- Chapter 14 Dvividhopakramaniya Adhyaya

Time (LH:- 05 ; NLH + Samhita Pathan 10 hours)

| | | | | |
|---|--------------------------------------------------------------------------------------|----------------------|-----|----------------------|
| 1 | Elaborate the concept of two types of therapies - Langhan and Brihan | LH | III | Dr. Mahendra Gaikwad |
| 2 | Describe the indications, methods, benefits of Brihan and symptoms of excess Brihan | LH/Discussion | III | Dr. Mahendra Gaikwad |
| 3 | Explain the indications, methods, benefits of Langhan and symptoms of excess Langhan | LH/ Discussion | III | Dr. Mahendra Gaikwad |
| 4 | Describe the indications of shodhan and shaman therapies | LH | III | Dr. Mahendra Gaikwad |
| 5 | Elaborate the concept of Atisthaulya with the treatment module | LH | III | Dr. Mahendra Gaikwad |
| 6 | Elaborate the concept of Atikarshya with the treatment module | LH | III | Dr. Mahendra Gaikwad |
| 7 | Recite the shlokas – 1 to 7, 31to 36 | Self-learning | III | Dr. Mahendra Gaikwad |
| 8 | Identify Nirvachan, Samucchay, Nidarshan Tantrayukties in this chapter. | LH/ Group discussion | III | Dr. Mahendra Gaikwad |

Ashtang Hriday Samhita – Sutrasthan- Chapter 15, Shodhanadigana Sangraha Adhyaya-

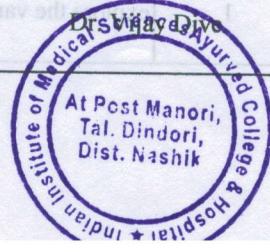
Time (LH:- 02 ; NLH + Samhita Pathan 08 hours)

| | | | | |
|---|-----------------------------------------------------------------------------|---------------------|-----|----------------------|
| 1 | Select the vaman, virechan, niruha, nasya gana according to their functions | LH/NLH | III | Dr. Yogeshwari Patil |
| 2 | Define the dravyas with their ingredients and actions. | LH/NLH | III | Dr. Yogeshwari Patil |
| 3 | Identify the dravyas frequently used in treatments | Herbal garden visit | III | Dr. Yogeshwari Patil |

Charak Samhita Sutrasthan Chapter-11. Tisraishaniya Adhyaya-

Time (LH:- 06 ; NLH + Samhita Pathan 10 hours)

| | | | | |
|---|------------------------------------------------------------------------------------------|------------------------|-----|--|
| 1 | Explain the significance of the three desires for prana (life) and dhana(means of life). | LH/ Audio- Visual Aids | III | |
|---|------------------------------------------------------------------------------------------|------------------------|-----|--|

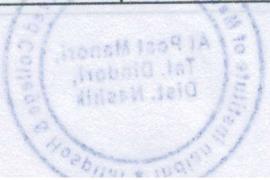
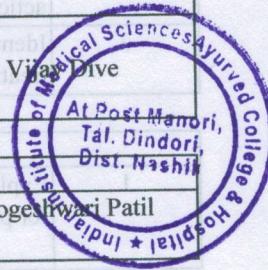


| | | | | |
|----|-------------------------------------------------------------------------------------------------|------------------------|-----|----------------|
| 2 | Discuss the concept of paraloka | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 3 | Discuss different opinions on the concept of punarjanma (re-birth) | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 4 | Define characteristics of Aapta | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 5 | Define pratyaksha, anumana and yuktipramana with example | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 6 | Justify punarjanma by using aaptopadesha, pratyaksha, Anumana and yuktipramana | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 7 | Explain the importance of thrayopasthamba (sub-pillars of life). | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 8 | Discuss the three types of bala (strength)and its importance. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 9 | Describe the three causes of disease. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 10 | Identify the symptoms due to excessive, less and improper use of sense organs | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 11 | Identify the symptoms due to excessive, less and improper verbal, psychic and physical actions. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 12 | Define Prajnapradha | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 13 | Identify the signs of excess, less and improper kaala (season) | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 14 | Define nija, agantu and manasa roga. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 15 | Discuss general treatment protocol for manasavyadhi (psychological disorders) | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 16 | Discuss the three disease pathways | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 17 | Classify the three types of physicians | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 18 | Describe daivavyapashraya, yuktivyapashraya and satvavajayachikitsa | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 19 | Describe antahparimarjana, bahiparimarjana,shastrapr anidhanachikitsa. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 20 | Discuss importance of ashta trika. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 21 | Recitation of Shloka number 18,19,20,21,22,23,24, 25, 47. | LH/ Audio- Visual Aids | III | Dr. Vijay Dive |
| 22 | Identify Swasadnyaa, samucchaya , Samshaya, Nirvachan Tantrayukties in this chapter. | LH/ Group discussion | III | Dr. Vijay Dive |

Charak Samhita Sutrasthan Chapter-12. Vatakalakaliya Adhyaya

Time (LH:- 04; NLH + Samhita Pathan 10 hours)

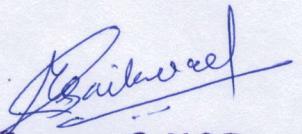
| | | | | |
|---|----------------------------------------|------------------------|-----|----------------------|
| 1 | explore the various properties of vata | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
|---|----------------------------------------|------------------------|-----|----------------------|



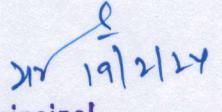
| | | | | |
|----|------------------------------------------------------------------------------------|------------------------------------------|-----|----------------------|
| 2 | Discuss the opinions of various aacharyas on different aspects of Vata dosha | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 3 | Explore various factors responsible for aggravation and pacification of vata dosha | LH/ Audio- Visual Aids/Group Discussion | III | Dr. Yogeshwari Patil |
| 4 | enumerate prakrita and vikrita karma of vata | LH/ Audio- Visual Aids/ Group Discussion | III | Dr. Yogeshwari Patil |
| 5 | Explain the clinical application of Vata Guna | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 6 | Describe the action of normal and aggravated Pitta | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 7 | Describe the action of normal and aggravated Kapha | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 8 | Describe atreya's exploration on Tridosha and its importance | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 9 | Recite the shlokas- 8,11,12 | LH/ Audio- Visual Aids | III | Dr. Yogeshwari Patil |
| 10 | Identify Padartha, Vyakhyan , Anumat Tantrayukties in this chapter | LH/ Group discussion | III | Dr. Yogeshwari Patil |

| | Topic | Hours | Term | Teachers Name |
|---|---------------------------------------------------------------------------------------------------------------------------------|-------|------|----------------------|
| 1 | Shloka Recitation Competition At the end of the year/ every term such competition shall organized by department. | 5 hrs | III | Dr. Mahendra Gaikwad |
| 2 | Ayurveda Quiz On the basis of assigned syllabus. | 5 hrs | III | Dr. Vijay Dive |
| 3 | Poster making Competition SA writing completion / Making video clips for general people to make awareness about Ayurved living. | 5 hrs | III | Dr. Yogeshwari Patil |

| TEACHER NAME | Lecture Hours | Non Lecture Hours + Samhita Pathan+ 15 hours yearly competitions |
|----------------------|------------------|------------------------------------------------------------------|
| Dr. Vijay Dive | 34 Hours | 62 Hours |
| Dr. Mahendra Gaikwad | 50 Hours | 95 Hours |
| Dr. Yogeshwari Patil | 56 Hours | 103 Hours |
| Total | 140 Hours | 260 Hours |


for Professor & HOD
 Ayurved Samhita Sidhhant Dept
 IIMS Ayurved College
 Manori, Nashik




Principal
 Indian Institute of Medical Sciences
 Ayurved College & Hospital
 At Post Manori, Tal. Dindori Dist. Nashik