

Faculty of Indian Medical System
Department of Samhitha Siddhanta
Moulika Siddhanta Evum Ashtanga Hrudayam

Sl no	Topic	Domain	Time (hours)
1.	Ayuskamiya Adhyaya	Must know	5
2.	Dinacarya Adhyaya	Must know	5
3.	Rtucarya Adhyaya	Must know	5
4.	Roganutpadaniya adhyaya	Must know	5
5.	Dravadravya vijnaniya adhyaya	Nice to know	5
6.	Annasvarupa Vijnaniya adhyaya	Nice to know	5
7.	Annaraksadhyaya	Must know	3
8.	Matrasitiya adhyaya	Must know	5
9.	Dravyadi Vijnaniya adhyaya	Nice to know	3
10.	Rasabhedhiya adhyaya	Nice to know	3
11.	Dosadi vijnaniya adhyaya	Must know	5
12.	Dosabhedhiya adhyaya	Must know	5
13.	Dosopakrmaniya adhyaya	Must know	5
14.	Dvividhopakramaniya adhyaya	Must know	5
15.	Sodhanadigana sangraha	Nice to know	5
16.	Sneha vidhi	Must know	5
17.	Svedha Vidhi	Must know	5
18.	Vamana virecana vidhi adhyaya	Must know	5
19.	Basti vidhi adhyaya	Must know	5
20.	Nasya vidhi adhyaya	Must know	3
21.	Dhumapana vidhi adhyaya	Nice to know	2
22.	Gandusadi vidhi adhyaya	Nice to know	2
23.	Ascyotana anjana vidhi adhyaya	Nice to know	1
24.	Tarpana puttapaka vidhi adhyaya	Nice to know	1
25.	Yantra vidhi adhyaya	Nice to know	3
26.	Sastra vidhi Adhyaya	Nice to know	3
27.	Siravyadha vidhi Adhyaya	Nice to know	3
28.	Salyaharana vidhi Adhyaya	Nice to know	4
29.	Sastra karma vidhi adhyaya	Nice to know	4
30.	Ksaragni karma vidhi adhyaya	Nice to know	4
31.	Ashta Prakriti	Must know	5
32.	Shastra Lakshana	Must know	3
33.	Tantra guna	Must know	3
34.	Tantra Dosha	Must know	4
35.	Tantra Yukti	Must know	4
36.	Tachilya	Nice to know	4

37.	Arthasraya	Nice to know	5
38.	Kalpana	Nice to know	3

CURRICULUM PLANNING

Sl no	Topic	Learning objectives (At the end of the session the student should be able to)	Teaching Guidelines	Methodology	Time (hours)
1.	Ayuskamiya Adhyaya	Define and explain aim of Ayurveda Define of terminology Basics regarding agni, kosta, desa, quadrant of treatment, classification of disease	Why this chapter, terminologies and their meaning Dosha, dhatu and their relation with age, food, day, night, agni, koshta, desha, Examination of patient and disease, qualities of the quadrant, classification of disease	Didactic Power Point Presentation SIS	5
2.	Dinacarya Adhyaya	Daily regiments in chronological order, how to do to, what to do, indications and contraindications, sad vrttas	First and foremost thing to be done in a day, regiments to be followed right from waking up from bed till going to bed, how to do, what to do, their indications , contraindications, good effects, materials to be used. Sadvrvtas to be followed	Didactic Power Point Presentation PBL SIS Poster Presentation	5
3.	Rtucarya Adhyaya	Ayana, rtu, their Define, qualities of each rtu and their Do's and Don'ts	Need of this chapter, number and names of Ayana and rtu. Each rtu in detail with qualities, Do's & Don'ts , diet and regiment	Didactic Power Point Presentation PBL Group discussion Students Seminar Poster Presentation	5
4.	Roganutpadaniya adhyaya	Cause of disease, urges to be controlled and not to be controlled, if not followed what are the complications and their management	Names of urges not to be controlled, if controlled the complications arising out of it and its management of complications	Didactic PBL Power Point Presentation SIS	5
5.	Dravadravya vijnaniya adhyaya	Grouping of drava and dravya, names of vargas and their ingredients. Main vargas like, jala varga, ksheera varga, iksu varga,	On what basis they are grouped, content of each group with their properties and benefits	Didactic Power Point Presentation Poster	5

		mutra varga		presentation	
6.	Annasvarupa Vijnaniya adhyaya	Names of vargas their content, main vargas like shuka dhanya, shami dhanya, mamsa, krtanna, oushada varga, rejectables	On what basis they are grouped, content of each group with their properties and benefits	Didactic Power Point Presentation Poster presentation SIS	5
7.	Annaraksadhyaya	Royal physician, savisa anna, nirvisha anna, pariksa and lakshana, virudhahara, nidra , abhrahmacarya	Qualities of royal physician, importance of trayopasthambas, if food is poisoned how to identify, examine, virudha, virudharahara, nidra physiology, good and bad effects, day sleep indication and contraindication, abrahmacarya good effects	Power Point Presentation Didactic	3
8.	Matrasitiya adhyaya	Ahara matra, proper and improper qualities and their effects Ama, its classify and chikitsa, aharavidhi and kaala, anupana	Ahara atra, hina and ati matra their complications, Aa, Ama dosha, Alasaka, Visucika, Amavisha with their lakshana and treatment, Aharavidhi, anupana, Ahara Kaala	Power Point Presentation Didactic Group discussion	5
9.	Dravyadi Vijnaniya adhyaya	Importance of dravya, virya, rasa, panchaboutika dravya lakshana, vipaka, karma, prabhava, vicitra pratyayarabda	Importance of dravya, virya, rasa, panchaboutika dravya lakshana, vipaka, karma, prabhava, vicitra pratyayarabda	Power Point Presentation Didactic Poster Presentation	3
10	Rasabhediya adhyaya	Rasotpatti, rasa lakshana, gana	Rasotpatti, rasa lakshana, gana of various rasa, general properties of taste and their exception, rasa samyoga sankhya	Power Point Presentation Didactic Group discussion	3
11	Dosadi vijnaniya adhyaya	Define, normal function, function when increased, decreased of dosha, dhatu, mala, interrelation between dosha dathu and mala, ojas, vridhhi and kshaya and treatment	Define, normal function, function when increased, decreased of dosha, dhatu, mala, interrelation between dosha dathu and mala, vridha doshadi chikitsa, kayagni, dusta dosa karma, ojas, increase and decrease with chikitsa,	Power Point Presentation Didactic SIS Group Discussion	5
12	Dosabhediya adhyaya	Dosha sthana, their classification and their function, caya and kopa, relation with season, roga karana, roga arga, roga bhed, parikshyabhavas	Dosha sthana, their classification and their function, Dosha gati, caya and kopa, relation with season, roga karana, roga marga, vridha dosha karma, roga bhed,	Power Point Presentation Didactic SIS Group Discussion	5

			parikshyabhavas, dosha samyoga sankhya		
13	Dosopakrmaaniya adhyaya	Vridha vata, pitta, kapha chikitsa, dosha sanchara saamadasha lakshana, amotpatti, Aushada kaala	Vridha vata, pitta, kapha chikitsa, dosha sanchara, sthani agantu dosha, tiryaggati of dosa, saamadasha lakshana, chikitsa, amotpatti, Aushada kaala	Power Point Presentation Didactic Group discussion	5
14	Dvividhopakramaniya adhyaya	Dvividha upakrama, their proper, hina and ati yoga lakshanas	Dvividha upakrama, their proper, hina and ati yoga lakshanas	Power Point Presentation Didactic SIS	5
15	Sodhanadigan a sangraha	Name and ingredients of gana	Name and ingredients of gana. Utility of each gana	Power Point Presentation Didactic Poster Presentation	5
16	Sneha vidhi	Sneha dravya guna, person suitable for sneha, asnehya, kaala, acchapana matra, vidhi, snehopacara, snigdha lakshana, snehavyapat lakshana and chikitsa, phala	Sneha dravya guna, person suitable for sneha, asnehya, kaala, classify of sneha, acchapana matra, vidhi, sneha sankhya, virukshana, sadya sneha, snehopacara, snehavyapat lakshana and chikitsa, phala	Power Point Presentation Didactic Group Discussion	5
17	Svedha Vidhi	Kinds, sveda vidhi, phala upacara, Anagneya sweda	Kinds, sveda vidhi, phala upacara, svedhya, asvedhya, atisvedhya, Anagneya sweda	Power Point Presentation Didactic SIS	5
18	Vamana virecana vidhi adhyaya	Vamana vidhi, vama and virecya, lakshanas of proper vama and virecana, vega sankhya mana, peyadi karma, shodana phala	Vamana vidhi, vama avama, virecya, avirecya, vama vidhi, lakshanas of proper vama upacara, vega sankhya mana, peyadi karma	Power Point Presentation Didactic Problem Based Learning	5
19	Basti vidhi adhyaya	Basti netra, putaka, niruhadravya kalpana, vidhi, classify of vasti, basti chikitsa sreshtata	Basti, asthapy, anasthapy, anuvasya, nanuvasya, netra, putaka, number and names of vasti, matra, vidhi, kalpana, basti chikitsa sreshtata	Power Point Presentation Didactic Problem Based Learning	5
20	Nasya vidhi adhyaya	Define, classify, matra, phala	Define, classify, , anya nasya, arha, anarha, matra, kaala, vidhi, kriya nisiddha vayas, phala, anutaila	Power Point Presentation Didactic Problem	3

				Based Learning	
21	Dhumapana vidhi adhyaya	Define, classify, matra, phala	Define, classify, arha, anarha, matra, kaala, vidhi, yantra, dravya, phala	Power Point Presentation Didactic Problem Based Learning	2
22	Gandusadi vidhi adhyaya	Define, classify, drava, matra, phala, lepha, kavala, Murdha taila, phala	Define, classify, drava, arha, anarha, matra, kaala, vidhi, yantra, dravya, lepha, kavala, Murdha taila, phala	Power Point Presentation Didactic Problem Based Learning	2
23	Ascyotana anjana vidhi adhyaya	Define, classify, matra, phala, kaala	Define, classify, matra, phala, vidhi, kaala, arha and anarha,	Power Point Presentation Didactic Problem Based Learning	2
24	Tarpana puttapaka vidhi adhyaya	Vidhi and kalpana	Tarpana vidhi, puttapaka vidhi and puttapaka kalpana	Power Point Presentation Didactic Problem Based Learning	2
25	Yantra vidhi adhyaya	Number and names and measurement of yantras, anuyantra, yantra karma	Number and names and measurement of yantras, anuyantra, where each one of them are used and how to use, yantra karma	Power Point Presentation Didactic Problem Based Learning	3
26	Sastra vidhi Adhyaya	Sastra lakshana, anu sastra, dosa, kosa, jalukavacarana, sastra karya	Sastra lakshana, anu sastra, sastra karya, dosa, grahana vidhi, kosa, jalukavacarana, pracanna,	Power Point Presentation Didactic Problem Based Learning	3
27	Siravyadha vidhi Adhyaya	Sudharakta lakshana, dusta rakta karma, vidhi, , sravapramana, lakshana of person having good rakta	Sudharakta lakshana, dusta rakta karma, arha, anarha, vidhi, asruti karana, dustarakta lakshana, sravapramana, upacara, lakshana of person having good rakta	Power Point Presentation Didactic Problem Based Learning	3
28	Salyaharana vidhi Adhyaya	Gati, sasalya vrana	Salya gati, sasalya vrana, salyasthan nirnaya, salyaharana, aharana vidhi,	Power Point Presentation Didactic	4

				Problem Based Learning	
29	Sastra karma vidhi adhyaya	Sastra kara vidhi, bandhana	Trivuidha sophā, sastra karma vidhi, poorva kara, paschat karma, upacara, sadyovrana, bhandhana and its classify	Power Point Presentation Didactic Problem Based Learning	4
30	Ksaragni karma vidhi adhyaya	Ksara srestata, ksara guna, agni karma, daha lakshana	Ksara srestata, nisedha, nirmana, kshara yojana, ksara guna, prayoga, agni karma, yojana, daha lakshana	Power Point Presentation Didactic Problem Based Learning	4
31	Ashta Prakriti	Srishti and ashta prakriti	Evolution of each prakriti its guna	Power Point Presentation Didactic SIS	5
32	Shastra Lakshana	Shastra lakshana	Shastra lakshana	Power Point Presentation Didactic SIS Group Discussion	3
33	Tantra guna	Tantra guna	Tantra guna	Power Point Presentation Didactic	3
34	Tantra Dosha	Tantra Dosha	Tantra Dosha	Power Point Presentation Didactic	4
35	Tantra Yukti	Number of tantrayukti according to different acharyas, names, importance	Number of tantrayukti according to different acharyas, names and explanation with example, importance	Power Point Presentation Didactic Group Discussion	4
36	Tachilya	Define, number and Definition of each	Define, name, number, Define of each with example, importance	Power Point Presentation Didactic SIS	4
37	Arthasraya	Define, number and Definition of each	Define, name, number, Define of each with example, importance	Power Point Presentation Didactic Group Discussion	5
38	Kalpana	Define, number and Definition of each	Define, name, number, Define of each with example,	Power Point Presentation	3

			importance	Didactic SIS	
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Reference Books:

1. Astang Hridaya : Hindi commentary by Lalchanda Vaidya
2. Astang Hridaya : Hindi commentary by Vd. B.L. Gaur
3. Astang Hridaya : English commentary by Dr. T. Sreekumar
4. Astang Hridaya : English commentary by Dr. Vishwvasu Gaur
5. Astang Hridaya : Sanskrit commentary by Hemadri
6. Astang Hridaya : Sanskrit commentary by Arunadatta

Note:

Theory – one paper – 100 marks, ViVa – 50 Marks

Teaching Hours – 150

Part A – 60 mrks – Sl.No – 1 - 15

Part B – 40 mrks – Sl No – 16 - 38