

AYURVEDA

A system of healing that dates back to 3000 BC

Study Abroad Program

Students Hand Book



**Department of Ayurveda
Kasturba Medical College
Manipal University, Manipal**

Manipal University

Department of Ayurveda, Study Abroad Program

Title of the program	: Ayurveda – Indian Health Care Tradition
Course Objectives	: 1. To provide baseline clinical and working knowledge of Ayurvedic Science. 2. To expose the participants to the Panchakarma & other Ayurvedic Speciality Treatments, 3. To impart special knowledge about Ayurvedic Preventive and hygienic care. 4. To explore the Indian Health care traditions and their contribution to the society 5. To understand the globalization of Indian Health care traditions, especially, Yoga, Ayurveda, Siddha etc.
Teaching Method	: Lectures : Group Discussion : Practical Sessions : Visit to nearby Pharmacy, Herbal gardens, Panchakarma Centers etc.
Duration of the course	: 15 weeks
Total Credits	: “3”
Organization of the Class	: 4 hours classes in every week, 2 theory classes of 1 hr duration and 1 practical of 2 hr duration.
Total number of theory classes	: 30
Total number of Practical classes	: 15
Evaluation	: Class Attendance & Participation Assignments / Presentations 50 marks for theory (MCQ's) 30 marks for assignments <u>20 marks for presentations</u> Total – 100 marks to convert grade and credit
Note (Marks Distribution)	: Assignments - should not be less than 4 pages in A4 size, in font Times New Roman (12 sized), single spaced with specification – introduction – discussion and conclusion. Presentation – content and presentation skill.
Syllabus	: Total 5 modules

Learning Competencies:

At the end of the modules the student will be able to understand briefly about Ayurveda and its basic principles of Physiology. They will be able to understand briefly about Ayurvedic explanation of health, preventive medicine and personal hygiene. They will be exposed briefly to Ayurvedic pharmacology and dietetics, Ayurvedic method of understanding disease and principles of treatment. Principles and practice of Panchakarma and other specialty treatments.

Module I: Introduction to Ayurveda and its basic principles.

- 1) Definition and Eternity of Ayurveda (Shashwatam and Anaditwam). Decent of Ayurveda and description of 8 branches of Ayurveda.
- 2) Concept of Prakriti & Purusha (Man and the Universe) – Indian Philosophy – Basis of Ayurvedic fundamentals (Explanation about Panchamahabhoota, Triguna, Prakrithi)
- 3) Ancient Classical literature on Ayurveda – Present source of Ayurvedic knowledge
- 4) Concept of Human body according to Ayurveda - Anatomy & Physiology (Concept of Dhatu, Upadhatus, Trimala and Ojas)
- 5) Concept of Prakrithi (body types), Vikriti (imbalances) and Agni

Module II: Swastha Vritta (Preventive Medicine).

- 1) Concept of health and disease
- 2) Elements of personal and social hygiene
- 3) Elements of preventive medicine in Ayurveda
- 4) Immunity and Resistance
- 5) Role of yoga in prevention and management of psychological, somatic and psychosomatic disorders.

Module III: Ayurvedic Ahara - Dietetics and Nutrition

- 1) Ayurvedic concept of digestion, nutrition and metabolism.
- 2) Classification of dietary substance and their properties
- 3) Concept of Pathya and Apathya and its role in health and disease.
- 4) Viruddhahara – incompatible food and its effect on health and disease.
- 5) Diet and nutrition counseling in Ayurveda

Module IV: Ayurvedic Herbology and Pharmacology.

- 1) Introduction to basic principles of Ayurvedic pharmacology.
- 2) Explanation of different pharmacological action w.r.t. Dravyaguna i.e. Deepana, Pachana etc.
- 3) Explanation about some important herbs used in Ayurveda
- 4) Panchavidha kashaya kalpana.
- 5) Sneha kalpana, Sandhana kalpana.

Module V: Panchakarma and Other Ayurvedic Speciality Treatments.

- 1) Introduction and Importance of Panchakarma.
- 2) Detoxification and Panchakarma
- 3) Explanation about Poorva Karma, Pradhana Karma and Paschat karma
- 4) Abhyangam (Ayurvedic Massage Therapy)
- 5) The science and art of rejuvenation

Practicals:

1. Abhyangam
2. Shiroabhyanga
3. Shiropichu
4. Shirodhara
5. Shiro Basti
6. Udwarthana
7. Kayaseka / Parisheka
8. Upanahasweda
9. Pinda Sweda
10. Mashapinda Sweda
11. Kati Basti
12. Mukhalepa
13. Diet & Nutrition Counseling in Ayurveda
14. Ayurvedic Cooking I
15. Ayurvedic Cooking II

Medium of Instruction : English

Course Director : Dr. Arvind Kumar, M.Phil, Ph.D

Program Leaders (Ayurveda) : Dr. M.S. Kamath MD (Ayu)
: Dr. Shripathi Adiga MD (Ayu)

Module Tutors : Dr. M.S. Kamath MD (Ayu)
: Dr. Shripathi Adiga MD (Ayu)
: Dr. K.J. Malagi MD (Ayu)
: Dr. Basavaraj MD (Ayu)
: Dr. Kamath Madhusudhan MD (Ayu)
: Dr. Anupama BAMS, PGDPK

References Books:

Frawley, David (2000) – Ayurveda and the mind: the healing of consciousness, XIV and 346 p., Motilal Banarsidass, Delhi; rev. by Ray Brantsen, Ancient Science of Life 18,2, 1998, 173-174.

Frawley, David. Ayurvedic healing . Morson publishing, Salt Lake city, 1989.

Lad, Vasant. Ayurveda: the science of self – healing. Lotus Press: Santa Fe, 1984.

Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.

Vaidya Bhagavan Dash & Acarya Manfred M. Junius. A handbook of Ayurveda. Concept Publishing Co., New Delhi, 1987.

Scientific Foundation of Ayurveda, Dr. H.S. Palep, Chaukhamba Sanskrit Pratishthan, Delhi.

Health and Vigour Forever, Dr. V.B. Athavale, Edited, Printed & Published for Pediatric Clinics of India, Bombay.

Basic Principles of Ayurveda, Dr. V.B. Athavale, Edited, Printed & Published for Pediatric Clinics of India, Bombay.

Perfect Health by Dr. Deepak Chopra

Classical Ayurvedic Literatures:

Bhishagratna, Kaviraj Kunjalal, editor – translator. Sushruta Samhita, 4th ed., 2 Vols., Chowkhamba Sanskrit Series, Varanasi, India, 1991.

Murthy, K.R. Srikantha, translator. Sharangadhara Samhita: A treatise on Ayurveda. Chaukhamba Orientalia, Varanasi, India, 1984.

Sharma, Priyavrit V., editor – translator, Charaka Samhita, 4 Vols., Chaukhamba Sanskrit Series, Varanasi, India, 1981-1994.

Sharma, Ram Karan, and Vaidya Bhagawan Dash, editor – translators, Charaka Samhita, 3rd ed., 6 Vols., Chaukhamba Sanskrit Series, Varanasi, India, 1992-2000.

Vagbhata, Astanga Hridayam, translated by K.R. Srikantha Murthy, 2 Vols., Krishnadas Academy, Varanasi, India, 1991-1992.

Module I: Introduction to Ayurveda and its Basic principles.

Time Table:

Day 1: Introduction to Ayurveda Module and General Orientation

Day 2: Definition and Eternity of Ayurveda. Descent of Ayurveda, branches and literature of Ayurveda.

Day 3: Basis of Ayurvedic fundamentals.

Day 4: Concept of Human body according to Ayurveda.

Day 5: Concept of Prakriti, Vikriti and Agni.

Day 6: Student Evaluation (MCQ) / Interaction & Feed back

Note: Assignment: Evaluate your own Prakriti and that of your friends prakriti and compare the description of Ayurvedic Prakriti with that of your own traits.

Learning Experience:

Aims of the module:

- To provide student with an understanding of the definition and eternity of Ayurveda.
- Description of descent of Ayurveda and 8 branches of Ayurveda.
- Explanation about Panchamahabootha, Triguna, Prakriti, Dhathu, Upadhatus, Trimala and Ojas.

Learning Outcomes:

At the end of the module the student will be able to

1. Cognize about definition, eternity of Ayurveda
2. Will perceive descent of Ayurveda and its 8 branches
3. Understand the basic principles like Prakriti, Purusha, Panchamahabhutha, Triguna etc.
4. Brief understanding about literature of Ayurveda
5. Understand human body according to Ayurveda in brief
6. Assess the prakriti, understand about vikriti and agni

Content of the module:

- History of Ayurveda and its hierarchy
- Branches of Ayurveda
- Fundamental Ayurvedic principles and its root in Indian philosophy
- Literature of Ayurveda
- Explanation about human body according to Ayurveda

Learning Resources:

- Module Study guide
- Articles from Ayurvedic Journals published in India and herbal medical journals

Essential Texts:

- Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.
- Vagbhata, Ashtanga Hridayam, translated by K.R. Shrikanta Moorthy, 2 vols., Krishnadas academy, Varanasi, India, 1991-1992.
- Sharma, Ram Karan and Vaidya Bhagavan Dash, editor-translators, Charaka Samhita, 3rd ed., 6 vols., Choukamba Sanskrit series, Varanasi, India, 1992-2000.
- Vishagratna, Kaviraj Kunjalal, editor-translator, Susrutha Samhita, 4th ed., 2 vols., Choukamba Sanskrit series, Varanasi, India, 1991.

Module II: Swastha Vritta (Preventive Medicine)

Time Table

Day 1: Understanding Swasthya and Roga in Ayurveda

Day 2: Explanation about Dinacharya, Rutucharya and sadvritta

Day 3: Concept of Rutucharya / Seasonal Regimen

Day 4: Concept of Immunity in Ayurveda.

Day 5: Student Presentation

Day 6: Student Evaluation (MCQ) / Interaction & Feed back

Note: Assignment: Discuss concept of health and disease according to Ayurveda and modern science. List key differences and their importance.

Learning Experience

Aims of the module:

- To introduce students about Ayurvedic definition of swastha and swasthya.
- To impart special knowledge about concepts of Ayurvedic preventive healthcare and its implication in public health care.

Learning Outcomes;

At the end of the module the student will be able to

1. Know about definition of health and disease according to Ayurveda.
2. Understand elements of personal and social hygiene according to Ayurveda.
3. Will be able to understand the concepts of preventive medicine according to Ayurveda.
4. Perceive knowledge about Ayurvedic understanding of immunity.
5. Know about role of yoga in prevention and management of disease.

Content of the Module:

- Concept of health and disease
- Elements of personal and social hygiene
- Elements of preventive medicine in Ayurveda
- Immunity and Resistance
- Role of yoga in prevention and management of psychological, somatic and psychosomatic disorders.

Learning Resources:

- Module Study guide
- Articles from Ayurvedic Journals published in India and herbal medical journals

Essential Texts:

- Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.
- Vagbhata, Ashtanga Hridayam, translated by K.R. Shrikanta Moorthy, 2 vols., Krishnadas academy, Varanasi, India, 1991-1992.
- Sharma, Ram Karan and Vaidya Bhagavan Dash, editor-translators, Charaka Samhita, 3rd ed., 6 vols., Choukamba Sanskrit series, Varanasi, India, 1992-2000.
- Vishagratna, Kaviraj Kunjalal, editor-translator, Susrutha Samhita, 4th ed., 2 vols., Choukamba Sanskrit series, Varanasi, India, 1991.

Module III: Ayurvedic Ahara – Dietetics and Nutrition

Time Table

Day 1: Ayurvediya Dhatu poshana krama

Day 2: Classification of Ahara

Day 3: Pathya and Apathya

Day 4: Viruddhahara

Day 5: Role of Yoga in prevention and management of diseases.

Day 6: Student Evaluation (MCQ) / Interaction & Feed back

Note: Assignment: : List the elements of diet and life style described in Ayurveda for a healthy person and discuss how it is different from what people practice today.

Learning Experience

Aims of the module:

- To introduce students about Ayurvedic concept of nutrition and metabolism, role of diet in maintenance of health and nutrition of dietary substance and their properties
- Concept of Pathya and Apathya and its role in health and disease.
- Viruddhahara – incompatible food and its effect on health and disease.
- Diet and nutrition counseling in Ayurveda

Learning Outcomes;

At the end of the module the student will be able to

- 1 Understand the Ayurvedic understanding of digestion and nutrition
- 2 Know about classification of Ahara according to Ayurveda
- 3 Know about definition of pathya , apathya and its role in health as well diseased condition.
- 4 Understand the concepts of virudhahara and its relavance in present day
- 5 Analyse the diet and nutrition counselling according to Ayurveda

Content of the module:

- Ayurvedic understanding of digestion and metabolism
- Classification of Ahara and its pathya and apathyatha in health and diseased condition
- Viruddhahara

Learning Resources:

- Module Study guide
- Articles from Ayurvedic Journals published in India and herbal medical journals

Essential Texts:

- Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.
- Vagbhata, Ashtanga Hridayam, translated by K.R. Shrikanta Moorthy, 2 vols., Krishnadas academy, Varanasi, India, 1991-1992.
- Sharma, Ram Karan and Vaidya Bhagavan Dash, editor-translators, Charaka Samhita, 3rd ed., 6 vols., Choukamba Sanskrit series, Varanasi, India, 1992-2000.
- Vishagratna, Kaviraj Kunjalal, editor-translator, Susrutha Samhita, 4th ed., 2 vols., Choukamba Sanskrit series, Varanasi, India, 1991.

Module IV: Ayurvedic Herbology and Pharmacology

Time Table

Day 1: Rasa Panchaka

Day 2: Introduction to Karma

Day 3: Commonly used Herbs in Ayurvedic dosage modalities

Day 4: Panchavidhakashaya Kalpana

Day 5: Other formulations of Ayurvedic Pharmacopoeia

Day 6: Student Evaluation (MCQ) / Interaction & Feed back

Note: Assignment: Prepare a short monograph on an Ayurvedic Herb given to you. (Each candidate will get one herb)

Learning Experience

Aims of the module:

- To introduce students about basics of Ayurvedic Pharmacology and method of different Ayurvedic pharmaceutical preparations.
- To give brief idea about some commonly used Ayurvedic herbs.

Learning Outcomes;

At the end of the module the student will be able to know about

1. Mode of action of Ayurvedic medicines
2. Various pharmacodynamics and pharmacokinetics of Ayurvedic pharmacology
3. Most common usage of Ayurvedic herbs
4. Ayurvedic dosage modalities

Content of the module:

- Introduction to basic principles of Ayurvedic pharmacology.
- Explanation of different pharmacological action w.r.t. Dravyaguna i.e. Deepana, Pachana etc.
- Explanation about some important herbs used in Ayurveda
- Panchavidha kashaya kalpana.
- Sneha kalpana, Sandhana kalpana.

Learning Resources:

- Module Study guide
- Articles from Ayurvedic Journals published in India and herbal medical journals

Essential Texts:

- Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.
- Vagbhata, Ashtanga Hridayam, translated by K.R. Shrikanta Moorthy, 2 vols., Krishnadas academy, Varanasi, India, 1991-1992.
- Sharma, Ram Karan and Vaidya Bhagavan Dash, editor-translators, Charaka Samhita, 3rd ed., 6 vols., Choukamba Sanskrit series, Varanasi, India, 1992-2000.
- Vishagratna, Kaviraj Kunjalal, editor-translator, Susrutha Samhita, 4th ed., 2 vols., Choukamba Sanskrit series, Varanasi, India, 1991.

Module V: Panchakarma and Other Ayurvedic Speciality Treatments

Time Table

Day 1: Introduction to chikitsa.

Day 2: Concept of detoxification in Panchakarma

Day 3: Mode of administration of Panchakarma.

Day 4: Abhyangam (Ayurvedic Massage Therapy)

Day 5: Rasayana. (Rejuvenation Therapy)

Day 6: Student Evaluation (MCQ) / Interaction & Feed back

Note: Assignment: What do you mean by detoxification and substantiate your views on Ayurvedic therapies in relation to detoxification.

Learning Experience:

Aims of the module:

- To impart basic knowledge about methods of Ayurvedic treatments, especially shodhana chikitsa.
- Brief explanation about Panchakarma, Abhyanga and Rasayana.

Learning Outcomes;

At the end of the module the student will be able to

- 1 Know about outline of Panchakarma chikitsa and its importance.
- 2 Understand concept of detoxification in relation to Panchakarma.
- 3 Know about method of administration of Panchakarma in brief.
- 4 Get knowledge about Ayurvedic Massage Therapy.
- 5 Have a brief introduction to science and art of rejuvenation.

Content of the module:

- Introduction and importance of Panchakarma
- Concept of detoxification
- Explanation about Poorvakarma, Pradhanakarma and Pashchathkarma of Panchakarma
- Brief explanation of Abhyangam and Rasayanam

Learning Resources:

- Module Study guide
- Articles from Ayurvedic Journals published in India and herbal medical journals

Essential Texts:

- Svoboda Robert E. Prakruti – Your Ayurvedic Constitution. Geocom, Albuquerque, New Mexico, 1989.
- Vagbhata, Ashtanga Hrudayam, translated by K.R. Shrikanta Moorthy, 2 vols., Krishnadas academy, Varanasi, India, 1991-1992.
- Sharma, Ram Karan and Vaidya Bhagavan Dash, editor-translators, Charaka Samhita, 3rd ed., 6 vols., Choukamba Sanskrit series, Varanasi, India, 1992-2000.
- Vishagratna, Kaviraj Kunjalal, editor-translator, Susrutha Samhita, 4th ed., 2 vols., Choukamba Sanskrit series, Varanasi, India, 1991.
- Illustrative text book of Panchakarma – Dr. Srinivas Acharya
- Panchakarma Chikitsa Vijyana – Dr. Shridhar Kastureji
- Text book of Panchakarma – Dr. T.L. Devaraj