

JSSF'S B. R. HARNE AYURVEDIC MEDICAL COLLEGE KARAV, VANGANI.
YEARLY ATP BATCH 2023-24
SAMHITA ADHYAYAN – I

Sr No	A2 List of Topics AyUG-SA1	B2 Term	NAME OF FACULTY	D2 Lecture	E2 Non-Lecture
1.	Introduction to Samhita- i. Definition of Samhita and its types and nomenclature. (Samhita- forms, nomenclature, commentary, types etc.) ii. Brief Introduction of Samhitas (Bruhatrayee), their commentaries and commentators (Preceptors, aut hours, redactors, commentators) iii. Tantrayukti, Tantraguna and Tantradosha iv. RachanaShaili & BhashaShaili (Composition and Language style) of Bruhatrayee. v. Anubandha Chatushtya vi. Ashta-Prashna vii. Trividha Jnyanopaya	1	Vd. Sanskruti Muley	15	09
Ashtang Hriday Samhita - Sutrasthan					
2.	AH Su.1. Ayushkamiya Adhyaya- i. Ashtang Hridaya parichaya (Introduction to Ashtang Hridaya) ii. Dosha-dhatu-mala parichaya (Introduction to dosha, dhatus and mala) iii. Agni- koshta swarup (Concept of digestive fire and bowel habits) iv. Rasa, virya, vipaka prabhav guna parichaya (Introduction to rasa, virya, vipaka, prabhav and guna) v. Rog-aarogya swaroop (Concept of health and disease) vi. Roga-aatur parikshan (Assessment of disease and diseased) vii. Desha and kaala parichaya (Introduction to habitat and time) viii. Chikitsa bheda (Types of treatment) ix. Pada chatushtaya Swaroopam (Concepts of four factors of treatment) x. Vyadhi sadhyasadyatva (Types of prognosis)	1	Vd. Smita More	08	03

3.	AH Su.2. Dinacharya Adhyaya - i. Dincharya vihaar (Importance of various regimen in Dincharya) ii. Shuddhi Niyam (Personal hygiene) iii. Dharmapalan evam sadvrutta palan iv. Recitation of important shloka	1	Vd. Sanskruti Muley	05	04
4.	AH Su.3. Rutucarya Adhyaya- i. Shadrutu (Classification of seasons according to Uttarayan and Dakshinayan) ii. Rutucharya (detailed regimen of the six seasons) iii. Rutusandhi (inter-seasonal period) iv. Recitation of important shlokas	1	Vd. Smita More	05	04
5.	AH Su.4. Roganutpadaniya Adhyaya- i. Adharaneeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment) ii. Dharneeya vega (Concept of urges which hav eto be suppressed) iii. Shodhan chikitsa (Importance of purification treatments) iv. Hita-aahar-vihar sevan (Importance of following healthy lifestyle) v. Recitation of important shlokas	I	Vd. Manasi Rane	05	04
6.	AH Su.5. Dravadravya Vijnaniya Adhyaya- i. Jala Varga (Water from different sources, various states of water) ii. Dugdha Varga (Milk and milk products) iii. Ikshu Varga (Sugarcane and its products) iv. Madhu varnana (Properties of honey) v. Tail Varga (Oils of various sources) vi. Madya Varga (Types of alcoholic beverages) vii. Mutra Varnana (Types of urine) viii. Recitation of important shlokas	I	Vd. Manasi Rane	05	04

7.	AH Su.6. Annaswaroop Vijnaneeya Adhyaya- i. Shuka- Dhanyanam Samanya Gunah (Properties of various types of cereals) ii. Shimbi- Dhanyanam Samanya Gunah (Properties of various types of Pulses) iii. Mamsasya Samanya Gunah (Properties of meat of various animals) iv. Shakayoh Samanya Gunah (Properties of various types of vegetables) v. Phalayoh Samanya Gunah (Properties of various types of Fruits) vi. Kritanna varganam Samanya Gunah (Properties of various types of cooked food) vii. Aushadhanam Samanya Gunah (Properties of various types of medicinal herbs)	II	Vd. Manasi Rane	05	03
8.	AH Su.7. Annaraksha Adhyaya- i. Rajnikate- Vaidyasthiti (Important place of Vaidya in Kings palace) ii. Savishanna Lakshanam (Properties of poisoned food) iii. Savishanna Pariksha (Examination of food contaminated with poison) iv. Savishanna-Lakshana- Aushadha (Signs of food poisoning and its treatment) v. Viruddha Aahar (Incompatible food and food practices) vi. Satmikaran Krama (Method of adaptation of wholesome food habits and to taper unwholesome food habits) vii. Aahar-Shayan-Abrahmacharya – Trayopasthambha (Three accessory pillars of Health) viii. Recitation of important shlokas	II	Vd. Sanskruti Muley	04	03

9.	AH Su.8. Matrashitiya Adhyaya- - AaharMatra (appropriate quantity of food) - Heen-matra, ati-matra bhojan dosha (Demerits of excess and less quantity of food) - Alasak, Visuchika (Etiopathogenesis and management principles of Vishuchika and Alasak) - Apatarpan chikitsa - Types of Ajeerna (indigestion) and its causes - Bhojan-samyak yog (Ideal regimen and time for taking food) - KukshiVibhag (Imaginary parts of the stomach) - Details of Anupan (Liquid consumed along with or after food) - Recitation of important shlokas	II	Vd. Sanskruti Muley	05	04
10	AH Su.9. Dravyaadi Vijnaniya Adhyaya- - Dravya shreshthtva(Predominance of Dravya) - Dravyasya panchbhautikatvam (Prevalence of Panchamahabhutas in dravyas) - Panchbhautik dravyanaam guna(Characteristics of PanchabhautikDravyas) - Principles of dravyas viz Veerya-Vipaka- Prabhava - Recitation of important shlokas	II	Vd. Madhav Bhagwat	04	04
11	AH Su.10. Rasabhediya Adhyaya- - Shadrasanaam utpatti (Origin of Shadrasa) - Shadrasa parichaya (Identity of Six Rasas) - Shadrasa karma, guna, atiyoga lakshana (Functions, properties and presentation of excessive intake of Six Rasas.) - Recitation of important shlokas	II	Vd. Sanskruti Muley	05	04

12	AH Su.11. Doshadi Vijnaniya Adhyaya- - Importance of dosha dhatu mala - Dosha dhatu mala prakruta and vaikruta karma (normal and abnormal functions) - Dosha dhatu mala ashraya- ashrayi bhava (relation between dosha and dhatus) - Samanya chikitsa siddhanta for dosha dhatu mala vrudhi kshaya (treatment principles) - Agni (Digestive fire) - General pathophysiology for origin of diseases - Ojus (Essence of dhatus) - Vriddhi-kshaya bhesaja - Recitation of important shlokas	III	Vd. Sanskruti Muley	08	05
13	AH Su.12. Doshabhediya Adhyaya- - Dosha and dosha bheda (Dosha and their types) - Dosha chaya, prakopa, prasham karanani (Causes of dosha accumulation, aggregation and alleviation) - Trividhakarana (three causative factors of disease) - Trividha Roga marga (three pathways of disease) - Aatura parikshbhaav (assessment methods) - Recitation of important shlokas	III	Vd. Madhav Bhagwat	08	05
14	AH Su.13. Doshopakramaniya Adhyaya- - Tridosha- upakrama (Treatment principles of vitiated doshas) - Shuddha-ashuddha chikitsa lakshana (Accurate and inaccurate treatment) - Dosha gati (movement of doshas inside the body) - Concept of aama - Dasha aushadha-kaala (ten types of times for administering medicines) - Recitation of important shlokas - Research Updates – Langan : Fasting and autophagy induction – how cell recycle and renew their content, a process called autophagy.	III	Vd. Sanskruti Muley	07	06

15	AH Su.14. Dvividhopakramaniya Adhyaya- i. Concept of Langhan and Brihan therapies (Treatment procedures for making the body thin and for nourishment) ii. Concept of Shodhan and shaman therapies (Purification and palliative treatments) iii. Concept of Atistaulya and atikarshya (Obesity and emaciation) iv. Recitation of important shlokas	III	Vd. Manasi Rane	05	05
16	AH Su.15. Shodhanadigana Sangraha Adhyaya- i. Groups of dravyas according to specific action ii. Groups of dravyas according to major ingredient as well as action	III	Vd. Sanskruti Muley	02	04
17	Ch S Su 1. Deerghanjiviteeya Adhyaya- i. Ayurvedavataranam (Genealogy of Ayurveda) ii. Arogsya chaturvarge pradhanam karanam iii. Trisutra Ayurveda iv. Details of Shat padartha v. Ayurvedasya lakshanam tatha prayojan vi. Ayusho lakshanam paryayashcha vii. Samanyavisheshayorlakshanam viii. Tridanda ix. Vyadhinam trividho hetusamgrah x. Vyadhinam ashraya tatha Arogasya karanam xi. Atmano lakshanam xii. Details about Sharira and manas dosha xiii. Sadhyaasadhyata vikara chikitsa xiv. Rasa varnanam xv. Dravya bheda xvi. Aushadhinam nama-rupa-upyog gyan xvii. Bhishagbubhushoh kartavyam xviii. Yuktasya bhaishajyasya lakshanam xix. Bhishaktamasya lakshanam xx. Recitation of important shlokas	1	Vd. Madhav Bhagwat	07	02

18	Ch S Su 2. Apamarga Tanduliya Adhyaya- i. Shiro Virechana Dravya & Main Indications ii. Vamana Dravya & Main Indications iii. Virechana Dravya & Main Indications iv. Asthapana Dravya & Main Indications v. Anuvasana Dravya & Main Indications vi. Ashtavimshathi Yavagu vii. Panchakarma Mahatwa & Vaidya Guna viii. Recitation of important shlokas	II	Vd. Smita More	02	03
19	Ch S Su 3. Aragvadhiya Adhyaya- i. Dwa Trimshath Churna Pradeha & Main Indications	II	Vd. Manasi Rane	01	03
20	Ch S Su 4. Shadvirechana-shatashritiya Adhyaya- i. Shadvirechan aashrya ii. Panchkashaya yoni iii. Panchvidh kashaya kalpana iv. Panch kashaya shatani	II	Vd. Smita More	03	04
21	Ch S Su 5. Matrashiteeya Adhyaya- i. MatravatAhara ii. Nature of Ahara (Guru, Laghu) iii. AharaMatra iv. MatravatAharaPhala v. AharaSevanaVidhana on the bases of its nature vi. Swasthavrutta vii. Anjana viii. Dhumapana ix. Nasya x. Dantadhavana xi. Jivhanirlekhana		Vd. Sanskruti Muley		

	xii. Gandusha xiii. Abyanga xiv. Parimarjana xv. VastraGandhaMalyadiDharana xvi. Shouchavidhi xvii. Kshoura Karma xviii. PadatraDharana xix. ChatraDharana xx. Important Shlokas for recitation xxi. Research Updates: Role of Dinacharya to maintain circadian rhythm Role of therapeutic message for cell rejuvenation Mechanism of satiation and proper quantity of food (Sauhitya Matra)	II		03	05
22	Ch S Su 6. Tasyashiteeya Adhyaya - i. Classification Samvastara ii. Visarga Kala iii. Adana kal;a iv. Shadrutuvivechana and Charya v. Hamsodaka vi. Saatmya vii. Important shlokas for recitation viii. Research Updates: What causes the season: Summer and winter solistice- Equinoxes- Rotation of earth around sun.	II	Vd. Smita More	04	04
23	Ch S Su 7. Naveganadharaniya Adhyaya - i. Adharneeya-Dharneeya vega lakshan, chikitsa ii. Vyayam (Details regarding exercise) iii. Ahita sevan evam varjya vidhi iv. Deha prakruti (Body constitution) v. Agantuja evam Pradnyaapradh janya vyadhi evam chikitsa vi. Impotent Shlokas for recitation vii. Research Updates: Corelation of genomic variation with the classification of Prakriti	II	Vd. Madhav Bhagwat	04	04

24	Ch S Su 8. Indriyopakramaniya Adhyaya- - Enumeration of Indriya, Dravya, Adhishtana, Artha, Buddhi - Manas Lakshana - Ekatvam of Manas - Sattvikatva, Rajasatva and Tamasatva of Manas - Indriya PanchaPanchaka - Adhyatma Dravya Guna Sangraha - Mahabhuta – Indriya sambandh - Prakriti – Vikriti hetu - SadvrittaAnushthana - Hetuchatushtaya - AnuktaSadvritta - Important Shlokas for Recitation - Research updates: Mental health and gut microbiota.	II	Vd. Manasi Rane	04	03
25	Ch S Su 9. Khuddakachatushpada Adhyaya- - Chikitsa Chatushpada - Roga-Arogya Lakshana - Chikitsa Lakshana - Vaidya, Dravya (Bheshaja), Paricharaka, Aatura guna - Vaidya pradhanatva - Adnya chikitsak dosha - Sadvaidya lakshana - Vaidya kartavya - Vaidya Vritti - Recitation of important Shlokas - Research Updates: Medical ethics-principles - Soft Skill development for medical students - Emotional Intelligence as a crucial component in medical edication	II	Vd. Manasi Rane	03	03
26	Ch S Su 10. Mahachatushpada Adhyaya- - Catushpada-bheshajam alam aarogyaayeti (aatreya-kṛta) - Bheshaja-abheshajayo tulyatva pratipaadana – (maitreya-kṛta) - Its conclusion by Atreya - Pareekshya-kaarino hi kusala bhavanthi - Cikitsaa sootram		Vd. Sanskruti Muley		

	vi. Cikitsaayaam yasolaabhe kaaranam vii. Asaadhyaroga-cikitsaayaam haani viii. Further division of saadhya-asaadhyata ix. Sukha-saadhya lakshanam x. Krcchra-saadhya lakshanam xi. Yaapya lakshanam xii. Pratyakhyeya lakshanam xiii. Benefit of knowledge of prognosis xiv. The versatile usage of the term 'mithyaa-buddhi' xv. Recitation of important shlokas	II		03	03
27	Ch S Su 11. Tisraishaniya Adhyaya- i. TrividhaEshana (Three Desires of life) ii. Paralokaeshana iii. Chaturvidhapariksha iv. Punarjanma siddhi by Chaturvidhapramanas v. Trayopasthambha vi. Trividhabala vii. Trividhaayatana viii. Atiyoga, Heenayoga and Mithya yoga of artha, karma and kaala ix. Trividharoga x. Treatment for manasavyadhi xi. Trividharogamarga xii. Trividhavaidya xiii. Trividhaoushadha xiv. Ashtatrika xv. Important Shloka for Recitation	III	Vd. Sanskruti Muley	06	04
28	Ch S Su 12. Vatakalakaliya Adhyaya- i. Vata guna ii. Views of various Acharyas on Vata dosha Guna avum Karma iii. Vayu prakop-prasham karan iv. Akupita, kupita vayu karma v. Vata Dosha – Clinical application vi. Akupita-kupita pitta karma vii. Akupita- kupita kapha karma viii. Atreya's exploration on Tridosha ix. Important shloka for recitation	III	Vd. Manasi Rane	04	05 + 15 (for yearly competitions)