

Anand Charitable Trust's
ANAND AYURVED COLLEGE
VAIJAPUR, AURANGBAD

DEPARTMENT OF Samhita Sidhhant
THEORY - Monthwise Advance Teaching Programme

ATP - ASHTANG HRIDYAM (SUTRASTHAN)

Sr.No	MONTH	TOPIC NAME	HOURS	TEACHER NAME	TOTAL HOURS
1	OCT.	SUTRASTHAN ADHYAY NO. 1		Dr. Vandana Bhusari	5 Hr.
		Benediction, Ayurved Avataran, 8 Armes	1 Hr		
		Dosha types, Agni Types, Koshta types,			
		Dosha properties, Dhatu & Mala types,	1 Hr		
		Shadrasa&Functions,Dravya, Virya Types			
		Vipak type, Roga type,Adhithana,Cause	1 Hr		
		Examn of Patient & Disease,DeshaVichar			
		Kala, Aushadh Types, Tretment of Dosha	1 Hr		
		& Manodosha, Chatushpad,Features of			
		type of Roga,Patient not Fit for tretment	1 Hr		
		All Chapters of Ashtanghrudyam			
		SUTRASTHAN ADHYAY NO. 2		Dr. Arati Kuril	5 Hr.
		Importance of early morning get up	1 Hr		
		Dantdhawan Vidhi, Contra-indication.			
		Sauvaranjan, Tambul, Abhyang, Vyayam	1 Hr		
		Imp.of Udavarta & Bath, Contraindication	1 Hr		
		Sadvritta, Fruitfulness of Good Conduct	2 Hr		
		SUTRASTHAN ADHYAY NO. 3		Dr. Vandana Bhusari	3 Hr.
		6 Seasons,Uttarayan &Dakshinayan, Bala	1 Hr		
		Hemant, Shishir, Vasant, Grishma,Varsha			
Sharad Rutucharya with Ahar,Vihar,	2 Hr				
Nishedha etc.					
SUTRASTHAN ADHYAY NO. 4		Dr. Arati Kuril	7 Hr.		
Thirteen Urges not to be Suppressed	1Hr				
Suppression of Flatus, Faeces, Urine and					
treatment, Suppression of Sneezing,Hunger	1 Hr				
Thirst & Treatment.					
Suppression of Sleep, Cough, Shramjanya	1 Hr				
Shwasa and Treatment.					
Suppression of Yawning, Tears, Vommiting	1 Hr				
& Semen and Treatment.					
Urges to be Sustained	1 Hr				
Carminatives, Purification, Rejuvenation&					
Aphrodisiacs after Purification,Traumatic	2 Hr				
Treatment, and General Treatment					
2	NOV.	SUTRASTHAN ADHYAY NO. 5			
		1. Toya Varga -Properties, Nishedha, Effect	1 Hr		
		of All type of water, Cold & Hot Water			
		2. Kshira Varga - Properties of all 8 types of	1 Hr		
		Milk, Boiled, Unboiled & its Vikars			
3. Ikshu Varga - Properties of all Vikars of					

		ikshu	1 Hr	Dr. Arati Kuril	7 Hr.
		4. Madhu Varga -Properties & Indication	2 Hr		
		5. Taila Varga -Properties of all types of oil Properties of Vasa and Majja			
		6. Madya Varga - Properties of all types of madya & its Vikaras, contra-indication	1Hr		
		7. Mutra Varga - Properties of all types of Mutra and Conclusion	1 Hr		
		SUTRASTHAN ADHYAY NO. 6			
		1. Shuka Varga - Shashtik rice, Properties, Properties of trundhanya, yavak, Godhum	1 Hr		
		2. Shimbi Varga - Properties of all types of Shimbidhanya	1 Hr		
		3. Kritanna Varga - Properties of prepared food, Peya, Vilepi, Odan etc.	1 Hr		
		4. Mamsa Varga - Mruga Varga, Viskira Varga, Pratuda Varga, Bileshaya Prasaha Mahamruga, Jalachar, Matsya Varga	1 Hr		
		5. Shaka Varga -Properties of all types of Shaka.	1 Hr		
		6. Phala Varga - Properties of all types of Fruits, Properties of Kola etc	1 Hr		
		7. Aushadha Varga - Properties of all types of Salt, Triphala, Trikatu, Panchakola Bruhat, Laghu, Madhyam, Jivaniya, Truna Panchamula	2 Hr		
		SUTRASTHAN ADHYAY NO. 7			
		Pranacharya, Duty of Physician	1 Hr		
		Poisoned Food-Features, Examn, Symptoms	1 Hr		
		Incompatible Substances- Defn., Honey , Upodika etc.	1 Hr		
		3 Upstambha- Ahara, Nidra, Brahmacharya Description, Disorders, Treatment	2 Hr		
3	DEC.	SUTRASTHAN ADHYAY NO. 8		Dr. Vandana Bhusari	5 Hr.
		Proper & Improper quantity of Food	1 Hr		
		Amadosha, Amavisha And Treatment	1 Hr		
		Ajirna- Defn, Types, Symptoms & Treatment	2 Hr		
		Anupana- Qualities, Nishedha etc.	1 Hr		
		SUTRASTHAN ADHYAY NO. 9			
		Imp. Of Dravya & its Panchbhautikatva	1 Hr		
		Origin and Anurasa	2 Hr		
		Qualities & Functions of Earthy, watery, Fire, Airy, Sky Materials and Features			
		Virya- Types, Importance; Vipak- Defn, Type	1 Hr		
		Prabhava- Defn, Examples etc.			
		SUTRASTHAN ADHYAY NO. 10			
		Relation between Rasa and Mahabhut	1 Hr		
		Shadrasa- Features, Functions	1 Hr		
		Shadrasa Skandha			
		Types of Tastes, Combination of Rasa			
		SUTRASTHAN ADHYAY NO. 11			
		Roat Constitution of Body	1 Hr		
		Functions of Doshas, Dhatu, Mala			

		Functions and Symptoms of Increase & Decreased Doshas, Dhatus, Malas	3 Hr	Dr. Arati Kuril	8 Hr.
		Ashrayi-Ashraya Bhava, Treatment of Dosha	1 Hr		
		Functions of Agni, Ojas- Defn, cause, Symptoms, Treatment of Oja-Kshaya,	2 Hr		
		Symptoms of increase of Ojas, Dosha-Svarup	1 Hr		
4	JAN.	SUTRASTHAN ADHYAY NO. 12		Dr. Arati Kuril	7 Hr.
		Place of Tridosha and Types	3 Hr		
		Accumulation, Aggravation & Allevation of of Vata, Pitta, Kapha.			
		Cause of Disease- Asatmendriyarth Sanyog, Parinama, Karma	1 Hr		
		Pathway of Disease, Function of Aggravated Tridosha, Types of Vyadhi	1 Hr		
		Treatment for Complication	1 Hr		
		10 Examinational Factors, 13 Types of Sannipatt	1 Hr		
		25 Types of Vriddhi, 25 Types of Kshaya, other Types, 63 Types of Doshas			
		SUTRASTHAN ADHYAY NO. 13			
	Treatment of Vata, Pitta, Kapha	1 Hr			
	Treatment Period & best Treatment	1 Hr			
	Movement of Dosha from Koshta to Shakha and Shakha to Koshta & treatment	1 Hr			
	Sam and Niram Doshas, Amadosha, Sama dosha & Aushadha Kala - Diseasewise	1 Hr			
	SUTRASTHAN ADHYAY NO. 14				
	Two kinds of Treatment, Langhana Types	1/2 Hr			
	Shodhana & Shamana-Types, Features	1 Hr			
	Bruhana- Description & treatment	2 Hr			
	Langhana- Description & Treatment				
	Symptoms of Excess use of Laghana Karma	1 Hr			
	Best Nourishment	1/2 Hr			
SUTRASTHAN ADHYAY NO. 15					
Vamana, Virechana, Asthapana, Sirovirechan Gana, tridosha allevating Group	1/2 Hr				
Jivaniya, Vidaryadi, Sarivadi Gana Etc.	2 Hr				
Patoladi, Guduchyadi, Aragwadhadhi Gana					
Mustadi, Eladi & Shyamadi Gana etc.	1/2 Hr				
5	FEB.	SUTRASTHAN ADHYAY NO. 16		Dr. Arati Kuril	4 Hr.
		Properties of Snehana & virukshniya Dravya	1 Hr		
		Snehana- Indication & contra-indication			
		Use of Ghee, Oil, Fat & Marrow			
		Time of Sneha Administration, Method	1 Hr		
		Acchepeya, Sneha Administr. For Purification			
		Bruhana Snehana- Indication & Benefits			
		Sneha- Duration Administration, Signs of proper, Inadequate & Excess Snehana	1 Hr		
		Management of complication of Sneha			
		Virukshana-Signs, Benefits	1 Hr		
		Contraindicated Substance, Nature of person using Snehana			
		SUTRASTHAN ADHYAY NO. 17			
		Four types of Sweda, Features of Tapa Swed			

		Upnah, Ushma, Drava, Avgaha Sweda	1 Hr		
		Sudation According to site			
		Symptoms of proper fomentation, Features of excess application of Sudation	1 Hr	Dr. Arati Kuril	4 Hr.
		Qualities of Snehana & Stambhana			
		Features of Stambhana & Anti- Stambhana	1 Hr		
		Contra-indication of Fomentation			
		Indication of Sudation	1 Hr		
		Proper purification by Snehana & Swedana			
		SUTRASTHAN ADHYAY NO. 18			
		Emesis- Indication & Contra-indication	1 Hr		
		Purgation- Indication & Contra-indication			
		Procedure of Emesis, Feature of Proper, Improper, excess Emesis, Peyadi Sequence	1 Hr		
		Features of Vaigiki, Maniki, etc.	1 Hr		
		Purgation- Mrudu Koshta, Krura Koshta	1 Hr	Dr. Arati Kuril	7 Hr.
		Feature of Proper, Improper, excess Purgation			
		Langhana- Description & Benefits	1 Hr		
		Peyadi Sequence & Contra-Indication			
		Special Indication of Purgation, Necessity of Snehana- Swedana, Benefits of Purification Therapy	1 Hr		
		SUTRASTHAN ADHYAY NO. 20			
		Nasal Medication, Virechana, Bruhana, Shamana Nasya Indication	1 Hr		
		Nasya Matra, Contra-indication, Time	1 Hr	Dr. Vandana Bhusari	5 Hr.
		Procedure of Nasya, Dhumpna, Gandusha			
		Feature of Proper, Improper, excess Nasya	2 Hr		
		Pratimarsha-Indication & Contra-indication			
		Period, Benefits, Anu-Tails	1 Hr		
6	MAR.	SUTRASTHAN ADHYAY NO. 19			
		Basti-Asthapan & Anuvasan-Indication & Contra-indication, Size of Basti Netra	1 Hr		
		Basti Yantra-Indication & Contra-indication	1 Hr	Dr. Arati Kuril	7 Hr.
		Asthapan & Anuvasan Basti- Doses, Method	1 Hr		
		Asthapan Basti- Formulation, Uses, Basti According to Doshas, Karma, Kala, Yoga Basti etc.	2 Hr		
		Uttarbasti- Netra, Matra, Procedure, Male & woman, Panchakarma, Imp. of Basti	2 Hr		
		SUTRASTHAN ADHYAY NO. 21			
		Dhumpna- Indication & Contra-indication	1 Hr		
		Complication, types, Size, Shape			
		Procedure of Dhumpna & route	1 Hr	Dr. Vandana Bhusari	4 Hr.
		Dhumpna- Rule & Schedule			
		Ingredients of Mrudu, Madhyam, Tishna Dhoom	1 Hr		
		Making of Dhoomvarti & Uses	1 Hr		
		Benefits of Dhoompana			
		SUTRASTHAN ADHYAY NO. 22			
		Gandusha - Types, Uses, Nature, Indication	1 Hr		
		Procedure of Gandusha, Madhu Gandusha etc			
		Difference between Gandusha & Kavala	1 Hr	Dr. Vandana Bhusari	4 Hr.
		Kavala Dharan, Pratisaran, Mukhalepa & Types			

		Mukhalepa Advantages, According to Seasons	1 Hr		
		Use of Abhyang, Parisheka, Picchu, Shirobasti			
		Procedure of Shirobasti, time period, Karna-PuranDharan,Defn of Matra,BenefitsShirobasti	1 Hr		
		SUTRASTHAN ADHYAY NO. 23			
		Aschotana- Process &Benefits, Contra-Indication of Atiusna & Atishit Aschotana	1 Hr		
		Anjana- Administration, Types & Drugs	1 Hr		
		Pratyanjana, Anjana instrument			
		Anjana preparation types, Doses, Indication			
		Management , Contra-Indication, Post Anjana karama, Pratyanjana	1Hr	Dr. Arati Kuril	3 Hr.
		SUTRASTHAN ADHYAY NO. 24			
		Tarpana- Time of Administration, Process, Time period for Dharana & rule of removal	1 Hr		
		Appropriate & Inappropriate Symptoms			
		Putpaka- Time, Types, Features, Contra-Indication, Period of Non-Administrationof Putpaka	1 Hr	Dr. Arati Kuril	2 Hr.
7	APR.	SUTRASTHAN ADHYAY NO. 25			
		Yantra- Defn, Indication, Swastik, Samdansa	2 Hr		
		Nadi, Tal Yantra, Yantra Karma,Arsha Yantra			
		Alabu, Ghati Yantra etc, Garbha Shanku Yantra	1 Hr	Dr. Arati Kuril	3 Hr.
		Anya Shalaka, Anu Yantra,Kankamukha Yantra			
		SUTRASTHAN ADHYAY NO. 26			
		Shastra- Mandalagra, Vetas, Antarmukh etc.			
		Anguli, Badisha, Kartari, Dantlekhana Shastra,	2 Hr		
		Suchi-Types, AnuShastra, Functions of Shashtra			
		Shashtra Dosh, Process for holding Shashtra	1 Hr	Dr. Arati Kuril	4 Hr.
		Shashtra Kosha, Jalauka- Contra-indication			
		Toxic & Non- Toxic Jalauka, procedure, Benefits	1 Hr		
		Procedure of Pracchana, Management			
		SUTRASTHAN ADHYAY NO. 27			
		Pure blood- Features, Vitiation, Disease due to Impure Blood, Sira Vedhana- Contra-Indication	1Hr		
		Sira Vedh in Apsmar & other Diseases,Siravedh in organs,Features of Proper vedha, Cause of stoppage of blood, Management,	1Hr		
		Post Procedure, Contra-Indication of Excessive Letting, Stambhana, preservation of Agni,	1 Hr	Dr. Arati Kuril	4 Hr.
		Features of Pure Blood			
		SUTRASTHAN ADHYAY NO. 28			
		5 Types of Movement of Shalya			
		Features of Invasive Shalya,Features of Shalya present in Pesi, Snayu, Sira , Srotas,Dhamani .	2 Hr		
		Diagnosis of Invisible Shalya in Twak, Mamsa, Asthi, Pesi,Snayu, Sira, Marma etc.	1 Hr	Dr. Arati Kuril	4 Hr.
		Diagnosis of Shalya in Shape &Size			
		All Extraction Procedure & direction of Shalya	1 Hr		
		SUTRASTHAN ADHYAY NO. 29			
		Vranopachara, Symptoms of Amasopha, Pachyamanasopha, Pakvasopha, Raktapaka	1 Hr		
		Operation Procedure,Patan Measurement,			
		Apathya Ahara, Suturing-Contra-indication	1 Hr	Dr. Vandana Bhusari	3 Hr.

		Bandages- Types, Pathya- Apathya, Treatment	1 Hr				
		SUTRASTHAN ADHYAY NO. 30					
		Alkali- Advantages, Uses, Contra-Indication Preparation, Qualities, Procedure etc.	1 Hr	Dr. Vandana Bhusari	2 Hr.		
		Feature of Proper, Improper & Excessive Burning Treatment of All Type Burning					
		Agnikarma- Indication, Contra-Indication Treatment of Insignificant, Inadequate, Proper & Excess Burning	1 Hr				
8	MAY	MAULIK SIDDHANT					
		I) Description of Astaprakriti	2 Hr			Dr. Vandana Bhusari	2 Hr.
		II) Shastra Lakshana, Tantra Guna, Tantra Dosha	4 Hr	Dr. Arati Kuril	4 Hr.		
		Tacchilya, Arthashraya, Kalpana	2 Hr	Dr. Vandana Bhusari	2 Hr.		
		III) Practical Application of Tridosha & Pancha- mahabhuta in reference to Desha, Kala, Prakriti Rutu & its Significance	4 Hr	Dr. Arati Kuril	4 Hr.		

TOTAL - 20+20+20+20+20+20+20+12 = 152 Hr.

LECTURER - 99

READER - 53

TOTAL - 152