

**Anand Charitable Trust's**  
**Anand Ayurved College,**  
**Vaijapur ,Aurangabad**

**ATP For I<sup>st</sup> Year BAMS**

**SAMHITA ADYAYANA-1**

Sr. No.	List of Topics of AyUG-SAi	Month	Teachers Name	Lecture	Non-Lecture
<b>TERM I</b>					
1. MAR	Introduction to Samhita- i. Defination of Samhita and its types and nomenclature. (Samhita- forms, nomenclature, commentary, types, etc. ii. Brief Introduction of Samhitas (Bruhatrayee), their commentaries (Preceptors, aut hours, redactors, commentators) iii. Tantrayukti, Tantarguna and Tantradosha iv. RachanaShaili & BhashaShaili (Composition and Language style) of Bruhatrayee. v. Anubandha Chatushtya vi. Ashta-Prashna vii. Trividha Jnyanopaya	1	Vd.Kuril	15	09
<b>Ashtang Hriday Samhita- Sutrastan (1-12 Adhyaya-</b>			50 Marks		
2. APRI	AH Su.1 Ayushkamiya Adhyaya- i. Ashtang Hridaya Parichaya (Introduction to Ashtang Hridaya) ii. Dosh-dhatu-mala parichaya (Introduction to dosha, dhatues and mala) iii. Agni-koshta swarup (Concept of digestive fire and bowl habits) iv. Rasa, virya, vipaka prabhav guna parichaya (Introduction to rasa, virya, vipaka, prabhav and guna)	1	Vd.Kuril	08	03

	<ul style="list-style-type: none"> <li>v. Rog- aarogya swaroop (Concept of health and disease)</li> <li>vi. Roga-aature parikshan (Assesment of disease and diseased)</li> <li>vii. Desha and kaala parichaya (Introduction to habitat and time)</li> <li>viii. Chikitsa bheda (Types of treatment)</li> <li>ix. Pada chatushtaya swaroopam (Concepts of four factors of treatment)</li> <li>x. Vyadhi sadhyasadyata (Types prognosis)</li> </ul>				
3. April	<p>AH Su.2 Dincharya Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Dincharya vihaar (Importance of various regimen in Dincharya)</li> <li>ii. Shuddhi Niyam in Dincharya</li> <li>iii. Dharampalan evam sadvrutta palan</li> <li>iv. Recitation of Important shloka</li> </ul>	1	Vd.Kuril	05	04
4. MAY	<p>AH Su.3 Rutucharya Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Shadrutu (Classification of seasons according to Uttarayan and Daskhinayan)</li> <li>ii. Rutucharya (detailed regimen of the sis seasons)</li> <li>iii. Rutusandhi (inter-seasonal period)</li> <li>iv. Recitation of important shlokas</li> </ul>	1	Vd.Kuril	05	04
5. June	<p>AH Su.4 Rognutpadaniya Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Adharaneeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment)</li> <li>ii. Dharneeya vega (concept of urges which have to be suppressed)</li> <li>iii. Shodhan Chikitsa (Importance of purification treatments)</li> <li>iv. Hita-aahar-vihar sevan (Importance of following lifestyle)</li> <li>v. Recitation of important shlokas</li> </ul>	1	Vd.Kuril	05	04

6. JUNE	AH Su.5 Dravadravya Adhyaya- i. Jala Varga (Water from different sources, various states of water) ii. Dugdha Varga (Milk and milk products) iii. Iskshu 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 (Type of urine) viii. Recitation of important shlokas	1	Vd.Kuril	05	04
<b>Charaka Samhita- Sutrastan (1-12 Adhyaya-</b>			50 Marks		
7. JUNE	Ch S Su.1- Deerghanjiviteeya Adhyaya- i. Ayurvedavatarranam (Genealogy of Ayurveda) ii. Arogsya chatuvarge pradhaname karanam iii. Trisutra Ayurveda iv. Details of Shat padartha v. Ayurvedasya lakshanam tatha prayojan vi. Ayusho lakshanam parayayashcha vii. Samanyavisheshay lakshanam viii. Trideanda ix. Vyadhinam trividho hetusamgrah x. Vyadinam ashraya tatha Argosya karanam xi. Autmano 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. Bhashagbubhushoh kartavyam xviii. Yuktasya bhaishajyasya lakshanam xix. Bhikshaktamasya lakshanam	1	Vd.Kuril	07	02

	xx. Recitation of important shlokas				
TERM II					
8. JULY	AH Su.6 Annasawaroopa Vijmameeya Adhyaya- i. Shuka-Dhanyanam Samanya Gunah (Properties of various types of cereals) ii. Shimbi-Dhanyananam Samanya Gunah (Properties of various types of pulses) iii. Mamsasya Samanya Gunah (Properties of meat of various animals) iv. Shakayoh Samanya Gunah v. (Properties of various types of vegetables) vi. Phalayoh Samanya Gunah (Properties of various types of fruits) vii. Kritanna varganam Samanya Gunah (Properties of various types of cooked food) viii. Aushadhanam Samanya Gunah (Properties of various types of medical herbs)	II	Vd.Kuril	05	03
9. JULY	AH Su.7 Annaraksha Adhyaya- i. Rajnikate- Vaiyasthiti (Important place of Vaidya in Kings palace) ii. Savishanna Lakshanam (Properties of poisoned food) iii. Savishanna Parisksha (Examination of food contaminated with poison) iv. Savishanna Lakshana (Signs of food poisoning and its treatment) v. Viruddha Aahar (Incompatible food and food practices) vi. Satmikaran Karma (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.Kuril	04	03

10. AUG	AH Su.8 Matarashitiya Adhyaya- i. Aahar Matra (appropriate quantity of food) ii. Heen-Matra, ati-matra bhojan dosha (Demerits of excess and less quantity of food) iii. Alasak, Visuchika (Ethiopathogenesis and management principles of Vishuchika and Alasak) iv. Apatarpan chikitsa v. Types of Ajeerna (indigestion) and its causes vi. Bhojan-samyak yog (Ideal regimen and time for taking food) vii. Kukshi Vibhag (Imaginary parts of the stomach) viii. Details of Anupan (Liquid consumed along with or after food) ix. Recitation of important shlokas	II	Vd.Kuril	05	04
11. AUG	AH Su.9 Dravyaadi Vijnaneeya Adhyaya- i. Dravya Shreshthtva (Predominance of Dravya) ii. Dravya Panchbhautikatvam (Prevalence of Panchamahabhutas in dravyas) iii. Panchabhautik dravyanam guna (Characteristics of Panchabhautik Dravyas) iv. Principles of dravyas viz Veerya- Vipaka-Prabhava v. Recitation of important shlokas	II	Vd.Kuril	04	04
12. AUG- SEP	AH Su.10 Rasabhedhiya Adhyaya- i. Shadrasanam Utpatti (Origin of Shadrasa) ii. Shadrasa Parichay (Identity of Shadras) iii. Shadrasa Karma, guna, atiyoga lakshana (Functions, properties and presentation of excessive intake of Six Rasas) iv. Recitation of important shlokas	II	Vd.Kuril	05	04
13. SEP	Ch S Su.2 Apamarga Tanduliya Adhyaya-	II	Vd.Kuril	02	03

	<ul style="list-style-type: none"> <li>i. Shiro Virechana Dravya &amp; Main Indications</li> <li>ii. Vamana Dravya &amp; Main Indications</li> <li>iii. Virechana Dravya &amp; Main Indications</li> <li>iv. Asthapana Dravya &amp; Main Indications</li> <li>v. Anuvasana Dravya &amp; Main Indications</li> <li>vi. Ashthavimshathi Yavagu</li> <li>vii. Panchakarma Mahatwa &amp; Vaidya Guna</li> <li>viii. Recitation of important shlokas</li> </ul>				
14. SEP	Ch S Su.3 Aragvadiya Adhyaya- i. Dwa Trimshath Churna Pradeha & Main Indications	II	Vd.Kuril	01	03
15. SEP	Ch S Su.4 Shadvirechana-Shatashritiya Adhyaya- i. Shatashritiya aashrya ii. Panchkashaya yoni iii. Panchvidh kashaya kalpana iv. Panch kashaya shatani	II	Vd.Kuril	03	04
16. SEP	Ch S Su.5 Matrashiteeya Adhyaya- i. Matravat Ahara ii. Nature of Ahara (Guru, Laghu) iii. Ahara Matra iv. Matravat Ahara Phala v. Ahara Sevana Vidhana on the basis of its nature vi. Swasthavrutta vii. Anjana viii. Dhumrapana ix. Nasya x. Dantadhavana xi. Jivanirlekhana xii. Gandusha xiii. Abhyanga xiv. Parimarjana xv. Vastra Gandha Malyadi Dharana xvi. Shouchavidhi xvii. Kshoura Karma xviii. Padatra Dharana xix. Chatra Dharana xx. Important Shlokas for recitation xxi. Research Updates :	II	Vd.Kuril	03	05

	<p>Role of Dincharya to maintain circadian rhythm</p> <p>Role of therapeutic massage for cell rejuvenation</p> <p>Mechanism of satiation and proper quantity of food (Sauhitya Matra)</p>				
17. OCT	<p>Ch S Su.6 Tasyashiteeya Adhyaya-</p> <p>i. Classification of Samvastara</p> <p>ii. Visarga Kala</p> <p>iii. Adana Kala</p> <p>iv. Shadrutuvivechana and Charya</p> <p>v. Hamsodaka</p> <p>vi. Saatmya</p> <p>vii. Important shlokas for recitation</p> <p>viii. Reserch Updates : What causes the season: Summer and Winter solistice- Equinoxes- Rotation of earth around sun</p>	II	Vd.Kuril	04	04
18. OCT	<p>Ch S Su.7 Naveganadharaniya Adhyaya-</p> <p>i. Adharneeya-Dharneeya vega lakshan chikitsa</p> <p>ii. Vyayam (Details regarding exercise)</p> <p>iii. Ahita Sevan evam variya vidhi</p> <p>iv. Deha prakruti (Body constitution)</p> <p>v. Agantuja evam Pradnyaapradh janya vyadhi evam chikitsa</p> <p>vi. Important shlokas of recitation</p> <p>vii. Research Updates : Correlation of genomic variation with the classification of Prakruti</p>	II	Vd.Kuril	04	04
19. OCT	<p>Ch S Su.8 Indriyopakaramaniya Adhyaya-</p> <p>i. Enumeration of Indriya, Dravya, Adhishthana, Artha, Buddhi</p> <p>ii. Manas Lakshana</p> <p>iii. Ekatavam of Manas</p> <p>iv. Sattvikatva, Rajasatva and Tamasatva of Manas</p> <p>v. Indriya Pancha Panchaka</p> <p>vi. Adhyatma Dravya Guna Sangraha</p> <p>vii. Mahabhuta- Indriya sambandh</p>	II	Vd.Kuril	04	03

	<ul style="list-style-type: none"> <li>viii. Prakriti-Vikriti hetu</li> <li>ix. Sadvritta Anushthana</li> <li>x. Hetuchatushtaya</li> <li>xi. Anukta Sadvritta</li> <li>xii. Important shlokas for recitation</li> <li>xiii. Research Updates : Mental health and gut micobiota</li> </ul>				
20. OCT	<p>Ch S Su.9 Khuddakachatushpada Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Chikitsa Chatushpada</li> <li>ii. Roga-Arogya Lakshana</li> <li>iii. Chikista Lakshana</li> <li>iv. Vaidya, Dravya (Bheshaja), Paricharaka, Aatura guna</li> <li>v. Vaidya Pradhanatva</li> <li>vi. Adnya Chikitsak dosha</li> <li>vii. Sadvaidya lakshana</li> <li>viii. Vaidya kartavya</li> <li>ix. Vaidya vritti</li> <li>x. Recitation of Important Shlokas</li> <li>xi. Research Update : Medical ethics-principles Soft skill development for medical students Emotional Intelligence as a crucial component in medical education</li> </ul>	II	Vd.Kuril	03	03
21. NOV	<p>Ch S Su.10 Mahachatushpada Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Chatushpada-bheshajam alam aarogyayeti (aatreya-krta)</li> <li>ii. Bheshaja-abheshajayo tulyatva pratipaadana- (maitreya-krta)</li> <li>iii. Its conclusion by Atreya</li> <li>iv. Parekhya-kaarino hi khusalaa bhavanthi</li> <li>v. Chikitsa sootram</li> <li>vi. Chikisaayam yasolaabhe kaaranam</li> <li>vii. Asaadhyaroga-chikitsaayaam haani</li> <li>viii. Further division of sasdhya assdhyata</li> <li>ix. Sujha-saadya lakshanam</li> <li>x. Krcchra-saadya lakshanam</li> <li>xi. Yaapya lakshana</li> <li>xii. Pratyaaakhyeya lakshanam</li> <li>xiii. Benefit of knowledge of</li> </ul>	II	Vd.Kuril	03	03

	<p>prognosis</p> <p>xiv. The versatile usage of the term 'mithyaa-buddhi'</p> <p>xv. Recitation of important shlokas</p>					
TERM III						
22. NOV- DEC	<p>AH Su.11 Doshadi Vijnaniya Adhyaya-</p> <p>i. Importance of dosha dhatu mala</p> <p>ii. Dosha dhatu mala prakutta and vaikruta karma (normal and abnormal functions)</p> <p>iii. Dosha dhatu mala ashraya-ashrayi bhava (relation between dosha and dhatus)</p> <p>iv. Samanya Chikitsa Siddhanta for dosha dhatu mala vrudhi kshaya (treatment principles)</p> <p>v. Agni (Digestive fire)</p> <p>vi. Vriddhi-kshaya bshesaja</p> <p>vii. Recitation of important shlokas</p>	III	Vd.Kuril	08	05	
23. DEC	<p>AH Su.12 Dhoshabediya Adhyaya-</p> <p>i. Dosha and dosha bheda (Dosha and their types)</p> <p>ii. Dosha chaya, prakopa, parsham karanani (causes of dosha accumulation, aggregation and alleviation)</p> <p>iii. Trividhakarana (three causative factors of disease)</p> <p>iv. Trividha Roga Marga (three pathways of disease)</p> <p>v. Aatura parkshabhaav (assessment methods)</p> <p>vi. Recitation of important shlokas</p>	III	Vd.Kuril	08	05	
24. JAN	<p>AH Su.13 Doshapakramaniya Adhyaya-</p> <p>i. Tridosha- upakarma (Treatment principles of vitiated doshas)</p> <p>ii. Shuddha-ahuddha chikitsa lakshana (Accurate and inaccurate treatment)</p> <p>iii. Dosha gati (movement of doshas inside the body)</p> <p>iv. Concept of aama</p> <p>v. Dosha aushada- kaala (ten types of times for administrating</p>	III	Vd.Kuril	07	06	

	<p>vi. medicines)</p> <p>vii. Recitation of important shlokas</p> <p>vii. Research Updates: Langan : Fasting and autophagy induction- how cell recycle and renew their content, a process called autophagy</p>				
25. JAN	<p>AH Su.14 Dvidihopakramaniya Adhyaya-</p> <p>i. Concept of Langan and Brihan therapies (Treatment procedures for making the body thin and for nourishment)</p> <p>ii. Concept of Shodhan and Shaman therapies (Purification and palliative treatments)</p> <p>iii. Concept of Atistaulya and Atikarshya (obesity and emaciation)</p> <p>iv. Recitation of important shlokas</p>	III	Vd.Kuril	05	05
26. FEB	<p>AH Su.15 Shodhanadigana Sangraha Adhyaya-</p> <p>i. Groups of dravyas according to specific action</p> <p>ii. Groups of dravyas according to major ingredient as well as action</p>	III	Vd.Kuril	02	04
27. FEB- MAR	<p>Ch S Su.11 Tisraushaniya Adhyaya-</p> <p>i. TrividhaEshana (Three Desires of life)</p> <p>ii. Paralokaeshana</p> <p>iii. Chaturidhpariksha</p> <p>iv. Punarjanma siddhi by Chaturvidhapramanas</p> <p>v. Trayopasthambha</p> <p>vi. Trividhabala</p> <p>vii. TRiidhaayatana</p> <p>viii. Atiyoga, Heenayoga and Mithya yoga of artha, karma and kaala</p> <p>ix. Trividharoga</p> <p>x. Treatment for manasavyadhi</p> <p>xi. Trividharogamarga</p> <p>xii. Trividhavidya</p> <p>xiii. Trividhaoushadha</p> <p>xiv. Ashtatrika</p> <p>xv. Important Shlokas for Recitation</p>	III	Vd.Kuril	06	04

28. MAR	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 Shlokas for Recitation x.	III	Vd.Kuril	04	05+15 (for yearly competition)
29. APR- MAY	REVISION				

Term wise distribution of allotted time				
Term	Total teaching (400 hrs)	Lecture (140 hrs)	Non Lecture (260hrs)	
			Samhita Pathan (130 hrs)	Activities- In class/ Hospital (130 hrs)
I	130 hrs	50 hrs	50 hrs	30 hrs
II	140 hrs	50 hrs	40 hrs	50 hrs
III	130 hrs	40 hrs	40 hrs	50 hrs