

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

ATP For Ist Year BAMS

SAMHITA ADYAYANA-1

| 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 |

TERM I

| Sr. No. | List of Topics of AyUG-SAi | Month | Teachers Name | LH | Non-LH |
|--|---|----------|---------------|----|--------|
| 1. | 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 | DEC 2023 | Vd.Kuril | 15 | 09 |
| Ashtang Hriday Samhita (Sutrastan Adhyaya1-5) | | | | | |
| 2. | AH Su.1 Ayushkamiya Adhyaya- i. Ashtang Hridaya Parichaya (Introduction to Ashtang Hridaya) ii. Dosha-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) v. Rog- aarogya swaroop (Concept of health and disease) vi. Roga-aature parikshan (Assesment of disease and diseased vii. Desha and kaala parichaya (Introduction to habitat and time) viii. Chikitsa bheda (Types of | JAN 2024 | Vd.Kuril | 08 | 03 |

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| | <p>treatment)</p> <p>ix. Pada chatushtaya swaroopam (Concepts of four factors of treatment)</p> <p>x. Vyadhi sadhyasadyata (Types prognosis)</p> | | | | |
| 3. | <p>AH Su.2 Dincharya Adhyaya-</p> <p>i. Dincharya vihaar (Importance of various regimen in Dincharya)</p> <p>ii. Shuddhi Niyam in Dincharya</p> <p>iii. Dharampalan evam sadvrutta palan</p> <p>iv. Recitation of Important shloka</p> | JAN 2024 | Vd.Kuril | 05 | 04 |
| 4. | <p>AH Su.3 Rutucharya Adhyaya-</p> <p>i. Shadrutu (Classification of seasons according to Uttarayan and Daskhinayan)</p> <p>ii. Rutucharya (detailed regimen of the sis seasons)</p> <p>iii. Ritusandhi (inter-seasonal period)</p> <p>iv. Recitation of important shlokas</p> | JAN-FEB 2024 | Vd.Kuril | 05 | 04 |
| 5. | <p>AH Su.4 Rognutpadaniya Adhyaya-</p> <p>i. Adharanceeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment)</p> <p>ii. Dharneeya vega (concept of urges which have to be suppressed)</p> <p>iii. Shodhan Chikitsa (Importance of purification treatments)</p> <p>iv. Hita-aahar-vihar sevan (Importance of following lifestyle)</p> <p>v. Recitation of important shlokas</p> | FEB 2024 | Vd.Kuril | 05 | 04 |
| 6. | <p>AH Su.5 Dravadravya Adhyaya-</p> <p>i. Jala Varga (Water from different sources, various states of water)</p> <p>ii. Dugdha Varga (Milk and milk products)</p> <p>iii. Iskshu Varga (Sugarcane and its products)</p> <p>iv. Madhu varnana (properties of honey)</p> | FEB - MAR 2024 | Vd.Kuril | 05 | 04 |

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| | 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 | | | | |

Charaka Samhita Sutrastan Adhyaya-1

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| 7. | 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. Bhishagbubhushoh kartavyam xviii. Yuktasya bhaishajyasya lakshanam xix. Bhikshaktamasya lakshanam xx. Recitation of important shlokas | FEB 2024 | Vd.Kuril | 07 | 02 |
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TERM II

Ashtang Hriday Samhita Adhyay 6-10

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| 8. | 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) | MAY 2024 | Vd.Kuril | 05 | 03 |
| 9. | 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 | MAY 2024 | Vd.Kuril | 04 | 03 |
| 10. | AH Su.8 Matarashitiya Adhyaya- i. Aahar Matra (appropriate quantity of food) | JULY 2024 | Vd.Kuril | 05 | 04 |

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|-----|--|-----------|----------|----|----|
| | <ul style="list-style-type: none"> 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 | | | | |
| 11. | <p>AH Su.9 Dravyaadi Vijnaneeya Adhyaya-</p> <ul style="list-style-type: none"> i. Dravya Shreshthtva (Predominance of Dravya) ii. Dravya Panchabhautikatvam (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 | JULY 2024 | Vd.Kuril | 04 | 04 |
| 12. | <p>AH Su.10 Rasabhedhiya Adhyaya-</p> <ul style="list-style-type: none"> 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 | JULY 2024 | Vd.Kuril | 05 | 04 |

TERM II
Charaka Samhita
Sutrastan Adhyaya-2-10

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| 13. | 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. Ashthavimshathi Yavagu vii. Panchakarma Mahatwa & Vaidya Guna viii. Recitation of important shlokas | JUNE 2024 | Vd.Kuril | 02 | 03 |
| 14. | Ch S Su.3 Aragvadhya Adhyaya- i. Dwa Trimshath Churna Pradeha & Main Indications | JUNE 2024 | Vd.Kuril | 01 | 03 |
| 15. | Ch S Su.4 Shadvirechana-Shatashritiya Adhyaya- i. Shatashritiya aashrya ii. Panchkashaya yoni iii. Panchvidh kashaya kalpana iv. Panch kashaya shatani | JUNE 2024 | Vd.Kuril | 03 | 04 |
| 16. | 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 | JULY 2024 | Vd.Kuril | 03 | 05 |

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| | <p>xv. Vastra Gandha Malyadi Dharana</p> <p>xvi. Shouchavidhi</p> <p>xvii. Kshoura Karma</p> <p>xviii. Padatra Dharana</p> <p>xix. Chatra Dharana</p> <p>xx. Important Shlokas for recitation</p> <p>xxi. Research Updates : Role of Dincharya to maintain circadian rhythm Role of therapeutic massage for cell rejuvenation Mechanism of satiation and proper quantity of food (Sauhitya Matra)</p> | | | | |
| 17. | <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> | AUG 2024 | Vd.Kuril | 04 | 04 |
| 18. | <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 Pradnyaapradhanya 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> | AUG 2024 | Vd.Kuril | 04 | 04 |
| 19. | <p>Ch S Su.8 Indriyopakaramaniya Adhyaya-</p> <p>i. Enumeration of Indriya, Dravya, Adhishthana, Artha, Buddhi</p> | SEP 2024 | Vd.Kuril | 04 | 03 |

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| | <ul style="list-style-type: none"> ii. Manas Lakshana iii. Ekatavam of Manas iv. Sattvikatva, Rajasatva and Tamasatva of Manas v. Indriya Pancha Panchaka vi. Adhyatma Dravya Guna Sangraha vii. Mahabhuta- Indriya sambandh viii. Prakriti-Vikriti hetu ix. Sadvritta Anushthana x. Hetuchatushtaya xi. Anukta Sadvritta xii. Important shlokas for recitation xiii. Research Updates : Mental health and gut micobiota | | | | |
| 20. | <p>Ch S Su.9 Khuddakachatushpada Adhyaya-</p> <ul style="list-style-type: none"> i. Chikitsa Chatushpada ii. Roga-Arogya Lakshana iii. Chikista Lakshana iv. Vaidya, Dravya (Bheshaja), Paricharaka, Aatura guna v. Vaidya Pradhanatva vi. Adnya Chikitsak dosha vii. Sadvaidya lakshana viii. Vaidya kartavya ix. Vaidya vritti x. Recitation of Important Shlokas xi. Research Update : Medical ethics-principles Soft skill development for medical students Emotional Intelligence as a crucial component in medical education | SEP 2024 | Vd.Kuril | 03 | 03 |
| 21. | <p>Ch S Su.10 Mahachatushpada Adhyaya-</p> <ul style="list-style-type: none"> i. Chatushpada-bheshajam alam aarogyaayeti (aatreya-krta) ii. Bheshaja-abheshajayo tulyatva pratipaadana- (maitreya-krta) iii. Its conclusion by Atreya iv. Parekhya-kaarino hi khusalaa bhavanthi v. Chikitsa sootram vi. Chikisaayam yasolaabhe kaaranam vii. Asaadhyaroga-chikitsaayaam | OCT 2024 | Vd.Kuril | 03 | 03 |

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| | <p>haani</p> <p>viii. Further division of sasdhya assdhyata</p> <p>ix. Sujha-saadya lakshanam</p> <p>x. Krcchra-saadya lakshanam</p> <p>xi. Yaapya lakshana</p> <p>xii. Pratyaaakhyeya lakshanam</p> <p>xiii. Benefit of knowledge of prognosis</p> <p>xiv. The versatile usage of the term 'mithyaa-buddhi'</p> <p>xv. Recitation of important shlokas</p> | | | | |
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TERM III

Ashtang Hriday Samhita (Sutrastan Adhyaya:11-15)

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| 22. | <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 vrudhhi kshaya (treatment principles)</p> <p>v. Agni (Digestive fire)</p> <p>vi. Vriddhi-kshaya bsheshaja</p> <p>vii. Recitation of important shlokas</p> | NOV-DEC 2024 | Vd.Kuril | 08 | 05 |
| 23. | <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> | DEC 2024 | Vd.Kuril | 08 | 05 |

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| | vi. Recitation of important shlokas | | | | |
| 24. | AH Su.13 Doshapakramaniya Adhyaya- i. Tridosha- upakarma (Treatment principles of vitiated doshas) ii. Shuddha-ahuddha chikitsa lakshana (Accurate and inaccurate treatment) iii. Dosha gati (movement of doshas inside the body) iv. Concept of aama v. Dosha aushada- kaala (ten types of times for administrating medicines) vi. Recitation of important shlokas vii. Research Updates: Langan : Fasting and autophagy induction- how cell recycle and renew their content, a process called autophagy | DEC 2024 | Vd.Kuril | 07 | 06 |
| 25. JAN | AH Su.14 Dvidihopakramaniya Adhyaya- i. Concept of Langan 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 | JAN 2025 | Vd.Kuril | 05 | 05 |
| 26. FEB | 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.Kuril | 02 | 04 |

TERM III
Charaka Samhita
Sutrastan Adhyaya-1

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|--------------------|---|----------|----------|----|-----------------------------------|
| 27. FEB- MAR | Ch S Su.11 Tisraushaniya Adhyaya- i. TrividhaEshana (Three Desires of life) ii. Paralokaeshana iii. Chaturidhpariksha iv. Punarjanma siddhi by Chaturvidhapramanas v. Trayopasthambha vi. Trividhabala vii. TRiidhaayatana 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 Shlokas for Recitation | JAN 2025 | Vd.Kuril | 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 Shlokas for Recitation x. | FEB 2025 | Vd.Kuril | 04 | 05+15 (for yearly competition) |
| 29. | REVISION | FEB 2025 | | | |