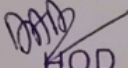


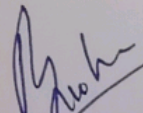
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Vaijapur, Aurangabad

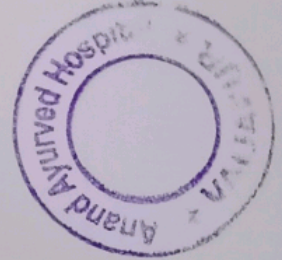
**ATP For I<sup>st</sup> Year BAMS batch 2025-26**

**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

  
HOD  
Dept of Samhita  
Anand Ayurved College  
Vaijapur Dist Aurangabad

  
Principal  
Anand Ayurved College  
Vaijapur Dist. Chh. Sambhajinagar



## TERM I

Sr. No.	List of Topics of AyUG-SAI	Month	Teachers Name	LH	Non-LH
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 (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 2025	Vd Yogesh Patil	15	09

### Ashtang Hriday Samhita (Sutrasthan Adhyaya 1-5)

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 (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 Sadhyasadyata (Types prognosis)	JAN 2026	Vd Yogesh Patil	08	03
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3.	AH Su.2 Dincharya Adhyaya- i. Dincharya Vihaar (Importance of various regimen in Dincharya) ii. Shuddhi Niyam in Dincharya iii. Dharampalan Evam Sadvrutta Palan iv. Recitation of Important shloka	JAN 2026	Vd. Neha Vithale	05	04
4.	AH Su.3 Rutucharya Adhyaya- i. Shadrutu (Classification of seasons according to Uttarayan and Daskhinayan) ii. Rutucharya (detailed regimen of the sis seasons) iii. Rutusandhi (inter-seasonal period) iv. Recitation of important shlokas	JAN- FEB 2026	Vd Yogesh Patil	05	04
5.	AH Su.4 Rognutpadaniya Adhyaya- i. Adharaneeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment) ii. Dharneeya vega (concept of urges which have to be suppressed) iii. Shodhan Chikitsa (Importance of purification treatments) iv. Hita-aahar-vihar sevan (Importance of following lifestyle) v. Recitation of important shlokas	FEB 2026	Vd. Neha Vithale	05	04
6.	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	FEB - MAR 2026	Vd Yogesh Patil	05	04

**Charaka Samhita Sutrastan Adhyaya-1**  
**Samhita Adhyaya-1**

7.	Ch S Su.1- Deerghanjiviteeya Adhyaya- i. Ayurvedavatarranam (genealogy of Ayurveda) ii. Arogsya Chatuvarge Pradhaname	FEB 2026	Vd. Deepa Anserwadekar	07	02
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	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 Dosh 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				
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## TERM II

### Ashtang Hriday Samhita Adhyay 6-10

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	MAY 2026	Vd. Neha Vithale	05	03
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	medical herbs)				
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 2026	Vd Yogesh Patil	04	03
10.	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 (Etiopathogenesis 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	JULY 2026	Vd. Neha Vithale	05	04
11.	AH Su.9 Dravya Adi Vijnaneeya Adhyaya- i. Dravya Shreshthtva (Predominance of Dravya) ii. Dravya Panchbhautikatvam (Prevalence of Panchamahabhutas in dravyas) iii. Panchabhautik dravyanam guna (Characteristics of Panchabhautik	JULY 2026	Vd Yogesh Patil	04	04

	iv. Dravyas) Principles of dravyas viz Veerya- Vipaka-Prabhava v. Recitation of important shlokas				
12.	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	JULY 2026	Vd. Neha Vithale	05	04

**TERM II**  
**Charaka Samhita Sutra-sthana Adhyaya-2-10**  
**Samhita Adhyaya-1**

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 2026	Vd. Deepa Anserwadekar	02	03
14.	Ch S Su.3 Aragvadhiya Adhyaya- i. Dwa Trimshath Churna Pradeha & Main Indications	JUNE 2026	Vd. Neha Vithale	01	03
15.	Ch S Su.4 Shadvirechana-Shatashritiya Adhyaya- i. Shatashritiya aashrya ii. Panchkashaya yoni iii. Panchvidha kashaya kalpana iv. Panch kashaya shatani	JUNE 2026	Vd Yogesh Patil	03	04
16.	Ch S Su.5 Matrashiteeya Adhyaya- i. Matratvat Ahara ii. Nature of Ahara (Guru, Laghu)	JULY 2026	Vd. Deepa Anserwadekar	03	05

	<ul style="list-style-type: none"> <li>iii. Ahara Matra</li> <li>iv. Matravat Ahara Phala</li> <li>v. Ahara Sevana Vidhana on the basis of its nature</li> <li>vi. Swasthavrutta</li> <li>vii. Anjana</li> <li>viii. Dhumrapana</li> <li>ix. Nasya</li> <li>x. Dantadhavana</li> <li>xi. Jivanirlekhana</li> <li>xii. Gandusha</li> <li>xiii. Abhyanga</li> <li>xiv. Parimarjana</li> <li>xv. Vastra Gandha Malyadi Dharana</li> <li>xvi. Shouchavidhi</li> <li>xvii. Kshoura Karma</li> <li>xviii. Padatra Dharana</li> <li>xix. Chatra Dharana</li> <li>xx. Important Shlokas for recitation</li> <li>xxi. Research Updates: <ul style="list-style-type: none"> <li>- Role of Dincharya to maintain circadian rhythm</li> <li>- Role of therapeutic massage for cell rejuvenation</li> <li>- Mechanism of satiation and proper quantity of food (Sauhitya Matra)</li> </ul> </li> </ul>				
17.	<p>Ch S Su.6 Tasyashiteeya Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Classification of Samvastara</li> <li>ii. Visarga Kala</li> <li>iii. Adana Kala</li> <li>iv. Shadrutuvivechana and Charya</li> <li>v. Hamsodaka</li> <li>vi. Saatmya</li> <li>vii. Important shlokas for recitation</li> <li>viii. Research Updates: <ul style="list-style-type: none"> <li>What causes the season: Summer and Winter solstice- Equinoxes- Rotation of earth around sun</li> </ul> </li> </ul>	AUG 2026	Vd Yogesh Patil	04	04
18.	<p>Ch S Su.7 Naveganadharaniya Adhyaya-</p> <ul style="list-style-type: none"> <li>i. Adharneeya -Dharneeya vega Lakshan chikitsa</li> <li>ii. Vyayam (Details related to exercise)</li> <li>iii. Ahita Sevan evam variya vidhi</li> <li>iv. Deha prakruti (Body constitution)</li> <li>v. Agantuja evam Pradnyaapradh janya vyadhi evam chikitsa</li> <li>vi. Important shlokas of recitation</li> </ul>	AUG 2026	Vd. Deepa Anserwadekar	04	04

vi.	Chikisaayam yasolaabhe kaaranam				
vii.	Asaadhyaroga-chikitsaayaam haani				
viii.	Further division of sasdhya assdhyata				
ix.	Sujha-saadya lakshanam				
x.	Krcchra-saadya lakshanam				
xi.	Yaapya lakshana				
xii.	Pratyaakhyeya lakshanam				
xiii.	Benefit of knowledge of prognosis				
xiv.	The versatile usage of the term 'mithyaa-buddhi'				
xv.	Recitation of important shlokas				

### TERM III

### Ashtang Hriday Samhita (Sutra-sthan Adhyaya:11-15)


22.	AH Su.11 Doshadi Vijnaniya Adhyaya- i. Importance of dosha dhatu mala ii. Dosha dhatu mala prakutta and vaikruta karma (normal and abnormal functions) iii. Dosha dhatu mala ashraya-ashrayi bhava (relation between dosha and dhatus) iv. Samanya Chikitsa Siddhanta for dosha dhatu mala vrudhi kshaya (treatment principles) v. Agni (Digestive fire) vi. Vriddhi-kshaya bsheshaja vii. Recitation of important shlokas	NOV- DEC 2026	Vd Yogesh Patil	08	05
23.	AH Su.12 Dhoshabediya Adhyaya- i. Dosha and dosha bheda (Dosha and their types) ii. Dosha chaya, prakopa, parsham karanani (causes of dosha accumulation, aggregation and alleviation) iii. Trividhakarana (three causative factors of disease) iv. Trividha Roga Marga (three pathways of disease) v. Aatura parkshabhaav (assessment methods) vi. Recitation of important shlokas	DEC 2026	Vd. Neha Vithale	08	05

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 administering 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 2026	Vd Yogesh Patil	07	06
25. JAN	AH Su.14 Dvi-vidhopakramaniya 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 2027	Vd. Neha Vithale	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 Yogesh Patil e	02	04

**TERM III**  
**Charaka Samhita Sutra-sthan**  
**Samhita Adhyaya-1**

27. FEB- MAR	Ch S Su.11 Tisraushaniya Adhyaya- i. TrividhaEshana (Three Desires of life) ii. Paralokaeshana iii. Chaturidhapariksha	JAN 2027	Vd. Deepa Anserwadekar	06	04
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	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				
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	FEB 2027	Vd Yogesh Patil	04	
29.	REVISION	FEB 2027	05+15 (for yearly competition)		

  
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