



Chhatrapati Shahu Maharaj Shikshan Sanstha's  
**Ayurved Mahavidyalaya & Rngnalaya**  
Kanchanwadi, Aurangabad



**ATP of Course AyUG-SA1( SAMHITA ADHYAYAN- 1) 2021-22 BATCH**

Sr No	A2 List of Topics AyUG-SA1	B2 Term	C2 Marks	D2 Lecture	E2 Non- Lecture	Name of Teacher
I.	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, authours, 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	I	(Indicated in Viva)	15	09	Dr. Divekar U.M .
Ashtang Hriday Samhita - Sutrashtan (1-15 Adhyaya) -			50 marks			

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2.	AH Su.1. <u>Ayushkamiya</u> Adhyaya-					Dr. Rathi P.J..
	i. Ashtang Hridaya parichaya (Introduction to Ashtang Hridaya)					
	ii. Dosha-dhatu-mala parichaya (Introduction to dosha, dhatus andmala)					
	iii. Agni- koshtha swarup (Concept ofdigestive fire and bowei habits)	1		08	03	
	iv. Rasa, virya, vipaka prabhav guna parichaya (Introduction to rasa, virya,vipaka, prabhav and guna)					
	v. Rog-aarogya swaroop (Concept ofhealth and disease)					
	vi. Roga-aatur parikshan (Assessment ofdisease 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 sadhyaadhyatva (Types ofprognosis)					

	xi. Recitation of important shlokas					
3.	AH Su.2. <u>Dinacharya</u> Adhyaya-					Dr. Rathi P.J..
	i. Dincharya vihaar (Importance ofvarious regimen in Dincharya)	1		05	04	

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	ii. Shuddhi Niyam (Personai hygiene) iii. Dharmapalan evam sadvrutta paian iv. Recitation of important shloka					Dr. Dhurde S.V.
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	I		05	04	Dr. Rathi P.J.  Dr. Dhurde S.V.
5. AH Su.4.	<u>Roganutpadan</u> iya Adhyaya- i. Adharaneeya vega and chikitsa (symptoms arising due to suppression of natural urges and their treatment) ii. Dharmeeya vega (Concept of urges which have to be suppressed) iii. Shodhan chikitsa (Importance of purification treatments) iv. Hita-aahar-vihar sevana (Importance of following healthy lifestyle) v. Recitation of important shlokas	I		05	04	Dr. Rathi P.J.  Dr. Dhurde S.V.

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6.	AH Su.5. Drav adravya 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		05	04	Dr. Rathi P.J.
7.	AH Su.6. Annaswa roopa Vijnaneyya Adhyaya- i. Shuka- Dhanyanam Samanya Gunah (Properties of various types of cereals)	II		05	03	Dr. Rathi P.J.

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	ii. Shimbi- Dhanyanam Samanya Gunah (Properties of various types ofPulses)					
	iii. Mamsasya Samanya Gunah (Properties of meat of various animals )					
	iv. Shakayoh Samanya Gunah (Properties of various types of vegetables)					
	v. Phalayoh Samanya Gunah (Propertiesof various types of Fruits)					
	vi. Kritanna varganam Samanya Gunah (Properties of various types of cookedfood)					
	vii. Aushadhanam Samanya Gunah (Properties of various types of medicinal herbs)					
8. AH Su.7.	Annaraksha Adhyaya-					Dr. Rathi P.J..
	i. Rajnikate- Vaidyasthiti ( Importantplace of Vaidya in Kings palace)					
	ii. Savishanna Lakshanam (Properties of poisoned food)					
	iii. Savishanna Pariksha (Examination offood contaminated with poison)	II		04		03
	iv. Savishanna- Lakshana- Aushadha ( Signs of food poisoning and its treatment)					
	v. Viruddha Aahar (Incompatible foodand food practices)					
	vi. Satmikiran Krama (Method of adaptation					

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*Dr. Rathi P.J.*  
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	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						<b>Dr. Dhurde S.V.</b>
9.	AH Su.8. Matrashitiya Adhyaya- i. AaharMatra (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. Aparatpan chikitsa	II		05		04	<b>Dr. Rathi P.J.</b>

	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						<b>Dr. Dhurde S.V.</b>
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10	AH Su.9. Dravyaadi Vijnaniya Adhyaya- i. Dravya shreshthtva (Predominance of Dravya) ii. Dravyasya panchbhautikatvam (Prevalence of Panchamahabhutas in dravyas) iii. Panchbhautik dravyanaam guna (Characteristics of Panchabhautik Dravyas) iv. Principles of dravyas viz Veerya- Vipaka- Prabhava v. Recitation of important shlokas	II	04	04	Dr. Rathi P.J..
11	AH Su.10. Rasabhedhiya Adhyaya- i. Shadrasanaam utpatti (Origin of Shadrasa) ii. Shadrasa parichaya (Identity of Six Rasas) iii. Shadrasa karma, guna, atiyoga lakshana (Functions, properties and presentation of excessive intake of Six Rasas.) iv. Recitation of important shlokas	II	05	04	Dr. Rathi P.J.. Dr. Dhurde S.V.
12	AH Su.11. Doshadi Vijnaniya Adhyaya- i. Importance of dosha dhatu mala ii. Dosha dhatu mala prakruta and vaikruta karma (normal and abnormal functions) iii. Dosha dhatu maia ashraya- ashrayi bhava (relation between dosha and dhatu) iv. Samanya chikitsa siddhanta for doshadhatu mala vrudhhi kshaya (treatment principles) v. Agni (Digestive fire) vi. General pathophysiology for	III	08	05	Dr. Rathi P.J..

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vii.	origin of diseases Ojus (Essence of dhatus)					
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viii.	Vridhhi-kshaya bhesaja					<b>Dr. Dhurde S.V.</b>
ix.	Recitation of important shlokas					<b>Dr. Dhurde S.V.</b>
13	AH Su.12. Doshabhediya Adhyaya- i. Dosha and dosha bheda (Dosha and their types) ii. Dosha chaya, prakopa, prasham 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 parikshbhaav (assessment methods) vi. Recitation of important shlokas	III	08	05		<b>Dr. Rathi P.J.</b>  <b>Dr. Dhurde S.V.</b>
14	AH Su.13. Doshopakramaniya Adhyaya- i. Tridosha- upakrama (Treatment principles of vitiated doshas) ii. Shuddha-ashuddha chikitsa lakshana (Accurate and inaccurate treatment) iii. Dosha gati (movement of doshas inside the body) iv. Concept of aama v. Dasha aushadha-kaala (ten types of times for administering medicines) vi. Recitation of important shlokas vii. Research Updates – Langhan : Fasting and autophagy induction – how cell recycle and	III	07	06		<b>Dr. Rathi P.J.</b>  <b>Dr. Dhurde S.V.</b>

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*Dr. Dhurde S.V.*  
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	renew theor content, a process called autophagy.					
15	AH Su.14. Dvividhop akramaniyaAdhyaya- i. Concept of Langhan and Brihan therapies (Treatment procedures formaking the body thin and for nourishment) ii. Concept of Shodhan and shamatherapies (Purification and palliative treatments) iii. Concept of Atistaulya and atikarshya(Obesity and emaciation) iv. Recitation of important shlokas	III		05	05	Dr. Rathi P.J..          Dr. Dhurde S.V.

16	AH Su.15. Shodhanadigana SangrahaAdhyaya- i. Groups of dravyas according tospecific action ii. Groups of dravyas according to majoringredient as well as action	III		02	04	Dr. Rathi P.J..
Charak Samhita – Sutrasthan (1-12 Adhyaya):			50 marks			

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I7	Ch S Su I. <u>Deerghanjiviteeya</u> Adhyaya- i. Ayurvedavataranam (Genealogy of Ayurveda) ii. Arogasya chaturvarge pradhanamkaranam iii. Trisutra Ayurveda iv. Details of Shat padartha v. Ayurvedasya lakshanam tatha prayojan vi. Ayusho lakshanam paryayashcha vii. Samanyavisheshayorlakhanam viii. Tridanda ix. Vyadhinam trividho hetusamgrah x. Vyadhinam ashraya tatha Arogasyakaranam xi. Atmano lakshanam xii. Details about Sharira and manasdosha 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	I		07	02	Dr. Divekar U.M.
18	Ch S Su 2. <u>Apamarga</u> Tanduliya Adhyaya- i. Shiro Virechana Dravya & Main Indications ii. Vamana Dravya & Main Indications iii. Virechana Dravya & Main Indications iv. Asthapana Dravya & Main Indications	II		02	03	Dr. Dhurde S.V. Dr. Divekar U.M.

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22	Ch S Su 6. <u>Tasyashiteeya</u> 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 soiistice-Equinoxes- Rotation of earth around sun.	II	04	04	Dr. Divekar U.M.  Dr. Dhurde S.V.
23	Ch S Su 7. <u>Naveganadharaniya</u> Adhyaya- i. Adharneeya-Dharneeya vega lakshan,chikitsa ii. Vyayam (Details regarding exercise) iii. Ahita sevan cvam varjya vidhi iv. Deha prakruti (Body constitution) v. Agantuja evam Pradnyaapradh janya vyadhi evam chikitsa vi. Impotent Shlokas for recitation vii. Research Updates: Coreiation of genomic variation with the classification of Prakriti	II	04	04	Dr. Divekar U.M.

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24	Ch S Su 8. <u>Indriyop</u> <u>akramaniyaAdhyaya-</u> i. Enumeration of Indriya, Dravya, Adhishthana, Artha, Buddhi ii. Manas Lakshana iii. Ekatvam of Manas iv. Sattvikatva, Rajasatva and Tamasatvaof Manas v. Indriya PanchaPanchaka vi. Adhyatma Dravya Guna Sangraha vii. Mahabhuta – Indriya sambandh viii. Prakriti – Vikriti hetu ix. SadvrittaAnushtana x. Hetuchatushtaya xi. AnuktaSadvritta xii. Important Shlokas for Recitation xiii. Research updates: Mental health and gut microbiota.	II	04	03	Dr. Divekar U.M.
25	Ch S Su 9. <u>Khuddakac</u> <u>hatushpadaAdhyaya-</u> i. Chikitsa Chatushpada ii. Roga-Arogya Lakshana	II	03	03	Dr. Divekar U.M.

iii. Chikitsa 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 Updates: Medical ethics- principles Soft Skill development for medical students Emotional Inteliigence as a crucial component in medical edication					Dr. Dhurde S.V.
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26	Ch S Su 10. <u>Mahachatushpada Adhyaya-</u> i. Catuspaada- bsheshajam alam aarogyaayeti (aatreya- krta) ii. Bsheshaja-absheshajayo tulyatvapratiipaadana – (maitreya-krta) iii. Its conclusion by Atreya iv. Pareekshya-kaarino hi kusalaabhavanthi v. Cikitsaa sootram 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. Pratyaaakhyeya lakshanam xiii. Benefit of knowledge of prognosis xiv. The versatile usage of the term 'mithyaa- buddhi' xv. Recitation of important shlokas	II	03	03	Dr. Divekar U.M.
27	Ch S Su 11. <u>Tisraishaniya Adhyaya-</u> i. TrividhaEshana (Three Desires of life ii. ParaLokaeshana iii. Chaturvidhpariksha iv. Punarjanma siddhi by Chaturvidhapra manas v. Trayopasthambha vi. Trividhabala	III	06	04	Dr. Dhurde S.V. Dr. Divekar U.M.

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