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छत्रपती शाहू महाराज शिक्षण संस्था संचलित

# आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

## AYURVED MAHAVIDYALAYA & RUGNALAYA

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Estd : 1989  
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### ATP of Course AyUG-SA1( SAMHITA ADHYAYAN- 1) 2022-23 BATCH

Sr No	A2 List of Topics AyUG-SA1	B2 Term	C2 Marks	D2 Lecture	E2 Non-Lecture	Name of Teac
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 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	1	(Indicated in Viva)	15	09	Dr. Divekar U.M .
<b>Ashtang Hriday Samhita - Sutrasthan (1-15 Adhyaya) -</b>			50 marks			

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2.	AH Su.1. <u>Ayushkamiya Adhyaya-</u>					<b>Dr. Rathi P</b>
	i. Ashtang Hridaya parichaya (Introduction to Ashtang Hridaya)					
	ii. Dosh-dhatu-mala parichaya (Introduction to dosha, dhatus and mala)					
	iii. Agni-koshtha swarup (Concept of digestive fire and bowel habits)					
	iv. Rasa, virya, vipaka prabhav guna parichaya (Introduction to rasa, virya, vipaka, prabhav and guna)	1		08	03	
	v. Rog-aarogya swarup (Concept of health and disease)					
	vi. Roga-aatur parikshan (Assessment of disease and disease)					
	vii. Desha and kaala parichaya (Introduction to habitat and time)					
	viii. Chikitsa bheda (Types of treatment)					
	ix. Pada chatushtaya Swaropam (Concepts of four factors of treatment)					
	x. Vyadhi sadhyasadyatva (Types of prognosis)					

	xi. Recitation of important shlokas					
3.	AH Su.2. <u>Dinacharya Adhyaya-</u>					<b>Dr. Rathi P.J.</b>
	i. Dinacharya vihaar (Importance of various regimen in Dinacharya)	1		05	04	
	ii. Shuddhi Niyam (Personal hygiene)					
	iii. Dharmapalan evam					



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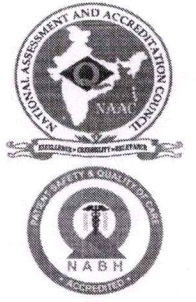
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	iv. sadvrutta palan Recitation of important shloka					Dr. Dhurde S.V.
4.	AH Su.3. Rutucarya Adhyaya- i. Shadrutu (Classification of seasons according to Uttarayan and Dakshinayan) ii. Rutucharya (detailed regimen of the six seasons) iii. Rutusandhi (inter-seasonal period) iv. Recitation of important shlokas	1		05	04	Dr. Rathi P.J.          Dr. Dhurde S.V.
5.	AH Su.4. Roganutpadaniya 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 healthy lifestyle) v. Recitation of important shlokas	1		05	04	Dr. Rathi P.J.          Dr. Dhurde S.V.



*Dr. Dhurde S.V.*  
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6. AH Su.5. Dravad ravya Vijnaniya Adhyaya- i. Jala Varga (Water from differentsources, various states of water) ii. Dugdha Varga (Milk and milkproducts) iii. Ikshu Varga (Sugarcane and itsproducts) 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. <u>Annaswaro</u> opa VijnaneeyaAdhyaya- i. Shuka- DhyanamSamanya Gunah (Properties of various types of cereals)	II		05	03	Dr. Dhurde S.V. Dr. Rathi P.J.

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

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	<p>vii. to taper unwholesome food habits) Aahar-Shayan-Abrahmacharya – Trayopasthambha (Three accessarypillars of Health)</p> <p>viii. Recitation of important shlokas</p>								Dr. Dhur S.V.
9.	AH Su.8. Matrashitiya Adhyaya- i. AaharMatra (appropriate quantity offood) ii. Heen-matra, ati-matra bhojan dosha (Demerits of excess and less quantityof food) iii. Alasak, Visuchika (Etiopathogenesis and management principles of Vishuchika and Alasak) iv. Aparan chikitsa	II		05		04			Dr. Rathi

	<p>v. Types of Ajeerna (indigestion) and itscauses</p> <p>vi. Bhojan-samyak yog (Ideal regimenand time for taking food)</p> <p>vii. KukshiVibhag (Imaginary parts of thestomach)</p> <p>viii. Details of Anupan (Liquid consumedalong with or after food)</p> <p>ix. Recitation of important shlokas</p>								Dr. Dhurde S.V
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10	AH Su.9. Dravyaadi Vijnaniya Adhyaya- i. Dravya shreshthtva (Predominance of Dravya) ii. Dravyasya panchbhautikatvam (Prevalence of Panchamahabhutas indravayas) iii. Panchbhautik dravyanaam guna (Characteristic s 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.
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 mala ashraya-ashrayi bhava (relation between dosha and dhatu) iv. Samanya chikitsa siddhanta for dosha dhatu mala vruddhi kshaya (treatment principles) v. Agni (Digestive fire) vi. General pathophysiology for	III	08	05	Dr. Dhurde S.V. Dr. Rathi P.J.



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vii.	origin of diseases Ojus (Essence of dhatus)				
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viii.	Vridhhi-kshaya bsheshaja					<b>Dr. Dhurde S.V.</b> <b>Dr. Rathi P.J..</b>
ix.	Recitation of important shlokas					
13	AH Su.12. Doshabhediya Adhyaya- i. Dosha and dosha bheda (Dosha and their types) ii. Dosha chaya, prakopa, prashamkaranani (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. Dhurde S.V.</b> <b>Dr. Rathi P.J..</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	III	07	06		<b>Dr. Dhurde S.V.</b> <b>Dr. Rathi P.J..</b>

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	cell recycle and renew their content, a process called autophagy.						<b>Dr. Dhurde S.V.</b>
15	AH Su.14. Dvidividhopakr amaniyaAdhyaya- i. Concept of Langhan and Brihan therapies (Treatment procedures for making the body thin and for nourishment) ii. Concept of Shodhan and shamantherapies (Purification and palliative treatments) iii. Concept of Atistaulya and atikarshya (Obesity and emaciation) iv. Recitation of important shlokas	III		05	05		<b>Dr. Rathi P.J.</b>          <b>Dr. Dhurde S.V.</b>
16	AH Su.15. Shodhanadigana SangrahaAdhyaya- i. Groups of dravyas according to specific action ii. Groups of dravyas according to major ingredient as well as action	III		02	04		<b>Dr. Rathi P.J.</b>
Charak Samhita – Sutrasthan (1-12 Adhyaya):		50 marks					



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17	Ch S Su 1. <u>Deerghanjiviteeya Adhyaya-</u> i. Ayurvedavataranam (Genealogy of Ayurveda) ii. Arogsya chaturvarge pradhanamkaranam iii. Trisutra Ayurveda iv. Details of Shat padartha v. Ayurvedasya lakshanam tathaprayojan 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	1	07	02	Dr. Divekar U.
18	Ch S Su 2. <u>Apamarga</u> <u>Tanduliya Adhyaya-</u> i. Shiro Virechana Dravya & Main Indications ii. Vamana Dravya & Main Indications iii. Virechana Dravya & Main Indications iv. Asthapan Dravya & Main Indications	II	02	03	Dr. Dhurde S. Dr. Divekar U.

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	v. Anuvasana Dravya & Main Indications vi. Ashtavimshathi Yavagu vii. Panchakarma Mahatwa & VaidyaGuna viii. Recitation of important shlokas					Dr. Dhurde S.V
19	Ch S Su 3. <u>Aragvadhiya Adhyaya-</u> i. Dwa Trimshath Churna Pradeha & Main Indications	II		01	03	Dr. Divekar U.
20	Ch S Su 4. <u>Shadvirechana-shatashritiya Adhyaya-</u> i. Shadvirechan aashrya ii. Panchkashaya yoni iii. Panchvidh kashaya kalpana iv. Panch kashaya shatani	II		03	04	Dr. Divekar U.



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21	Ch S Su 5. <u>Matrashiteeya Adhyaya-</u> i. MatravatAhara ii. Nature of Ahara (Guru, Laghu) iii. AharaMatra iv. MatravatAharaPhala v. AharaSevanaVidhana on the bases of its nature vi. Swasthavrutta vii. Anjana viii. Dhumapana ix. Nasya x. Dantadhavana xi. Jivhanirlekhana xii. Gandusha xiii. Abyanga xiv. Parimarjana xv. VastraGandhaMalyadiDharana xvi. Shouchavidhi xvii. Kshoura Karma xviii. PadatraDharana xix. ChatraDharana xx. Important Shlokas for recitation xxi. Research Updates: Role of Dinacharya to maintain circadian rhythm Role of therapeutic message for cell rejuvenation Mechanism of satiation and proper quantity of food (Sauhitya Matra)	II	03	05	Dr. Divekar U.
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22	Ch S Su 6. <u>Tasyashiteeya Adhyaya-</u> 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:	II	04	04	Dr. Divekar U.M  Dr. Dhurde S.V.
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Principal

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	What causes the season: Summer and winter solistice-Equinoxes- Rotation of earth around sun.				
23	Ch S Su 7. <u>Naveganadharaniya</u> Adhyaya- i. Adharneeya-Dharneeya vega lakshan,chikitsa ii. Vyayam (Details regarding exercise) iii. Ahita sevan evam varjya vidhi iv. Deha prakruti (Body constitution) v. Agantuja evam Pradnyaapradh janya vyadhi evam chikitsa vi. Impotent Shlokas for recitation vii. Research Updates: Corelation ofgenomic variation with the classification of Prakriti	II	04	04	Dr. Divekar U.M
24	Ch S Su 8. <u>Indriyopakr</u> amaniyaAdhyaya- i. Enumeration of Indriya, Dravya, Adhishtana, 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. SadvrittaAnushthana x. Hetuchatushtaya xi. AnuktaSadvritta	II	04	03	Dr. Divekar U.M



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	<p>xii. Important Shlokas for Recitation</p> <p>xiii. Research updates: Mental health and gut microbiota.</p>						Dr. Dhurde S.V.
25	<p>Ch S Su 9.</p> <p><u>Khuddakachat</u></p> <p><u>ushpadaAdhyaya-</u></p> <p>i. Chikitsa Chatuspada</p> <p>ii. Roga-Arogya Lakshana</p>	II		03		03	Dr. Divekar U.M

	<p>iii. Chikitsa Lakshana</p> <p>iv. Vaidya, Dravya (Bheshaja), Paricharaka, Aatura guna</p> <p>v. Vaidya pradhanatva</p> <p>vi. Adnya chikitsak dosha</p> <p>vii. Sadvaidya lakshana</p> <p>viii. Vaidya kartavya</p> <p>ix. Vaidya Vritti</p> <p>x. Recitation of important Shlokas</p> <p>xi. Research Updates: Medical ethics-principles</p> <p>Soft Skill development for medical students</p> <p>Emotional Intelligence as a crucial component in medical education</p>						Dr. Dhurde S.V.
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26	<p>Ch S Su 10. <u>Mahachatushpada Adhyaya-</u></p> <ol style="list-style-type: none"> <li>Catushpada-bheshajam alamaarogyaaayeti (aatreya-krta)</li> <li>Bheshaja-abheshajayo tulyatvapatipadana – (maitreya-krta)</li> <li>Its conclusion by Atreya</li> <li>Pareekshya-kaarino hi kusalaabhavanthi</li> <li>Cikitsaa sootram</li> <li>Cikitsaayaam yasolaabhe kaaranam II</li> <li>Asaadhyaroga-cikitsaayaam haani</li> <li>Further division of saadhya-asaadhyata</li> <li>Sukha-saadhya lakshanam</li> <li>Krcchra-saadhya lakshanam</li> <li>Yaapya lakshanam</li> <li>Pratyaakhyeya lakshanam</li> <li>Benefit of knowledge of prognosis</li> <li>The versatile usage of the term 'mithyaa-buddhi'</li> <li>Recitation of important shlokas</li> </ol>			03	03	Dr. Divekar U.N
27	<p>Ch S Su 11. <u>Tisraishaniya Adhyaya-</u></p> <ol style="list-style-type: none"> <li>TrividhaEshana (Three Desires of life)</li> <li>Paralokaeshana</li> <li>Chaturvidhapariksha</li> <li>Punarjanma siddhi by Chaturvidhapramanas</li> <li>Trayopasthambha</li> <li>Trividhabala</li> </ol>	III		06	04	Dr. Dhurde S.V. Dr. Divekar U.N

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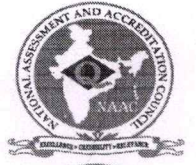
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	<p>vii. Trividhaayatana</p> <p>viii. Atiyoga, Heenayoga and Mithya yogaof artha, karma and kaala</p> <p>ix. Trividharoga</p> <p>x. Treatment for manasavyadhi</p> <p>xi. Trividharogamarga</p> <p>xii. Trividhavidya</p> <p>xiii. Trividhaoushadha</p> <p>xiv. Ashtatrika</p> <p>xv. Important Shloka for Recitation</p>					Dr. Dhurde S.V.
28	<p>Ch S Su 12. <u>Vatakalakaliya</u> <u>Adhyaya-</u></p> <p>i. Vata guna</p> <p>ii. Views of various Acharyas on Vata dosha Guna avum Karma</p> <p>iii. Vayu prakop-prasham karan</p> <p>iv. Akupita, kupita vayu karma</p> <p>v. Vata Dosha – Clinical application</p> <p>vi. Akupita-kupita pitta karma</p> <p>vii. Akupita- kupita kapha karma</p> <p>viii. Atreya's exploration on Tridosha</p> <p>ix. Important shloka for recitation</p>	III	04	05 + 15 (for yearly competitions)		Dr. Divekar U.M.
	<p>• Note- In this column distribution of 130 activities is given. Remaining 130 is for Samhita Pathan.</p>					•

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