

# **B.Y.N.S. Degree Course 1<sup>st</sup> year – new**

**Paper – 1**

**SANSKRUT**

**Total – 100 marks**

**Teaching hours – 110**

## **Part – A (each unit bears 10 marks = total 50 marks)**

### **Unit – 1**

Sanskrit alphabets and mixed letters, 14 Pratyahara Sutrani, articulatory place and effort; **Acquaintance of simple words** – Masculine, Feminine and Neutral

### **Unit – 2**

Nouns, Pronouns, Adjectives and types; Noun: words of birds, animals, relation, interrogation

### **Unit – 3**

Indeclinables; Adverbs

### **Unit – 4**

**Verbs** – of I, IV, VI & Xth conjugation

### **Unit – 5**

**Tenses:** their types and uses

## **Part – B (each unit bears 10 marks = total 50 marks)**

### **Unit – 1**

Participles: their types and uses; Introduction to seven cases (Kaaraka) and formation of following: masculine, feminine and neutral gender: Raama, Vana, Hari, Nadi, Lataa, Bhaanu, Madhu, Vari

### **Unit – 2**

Simple sentences – Reading, writing and making – using the above knowledge; Simple lessons using the above knowledge

### **Unit – 3**

Uses of cases and indeclinable; Joining vowels

### **Unit – 4**

Compound words; Explanation of the above points with regards to vedic, vedantic literature

**Unit- 5**

Vaidyakiya Subhashitani (chapters 5, 6, 7, 9, 11, 12, 13, 14, 17, 18)

**Reference Books**

1. SANSKRUT in 30 lectures - By D.N. Shastri
2. SANSKRUT Swayam Shikshak - By Sh. D.Satawalekar
3. Vaidyakiya Shubhashitani - By Dr. B.G. Ghanekar
4. SANSKRUT Guide to composition - By V.S. Apte
5. Sulabh SANSKRUT Vyakaranam - Karnatak University
6. SANSKRUT Primer - By E. D.Perry
7. SANSKRUT Manual - By R. Bucknell
8. Related literary material from Vedic Vedantic Samhita – Yogic Texts.

**Paper – 2****SHARIRA RACHANA (HUMAN ANATOMY) – 1****(Total = Theory-200+Practical-100=300 marks)****Theory -100 marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Definition and terminology: Eastern concept:** Definition of Sharira and Shaarira, Panchabhautikatva and Shadangatva of Sharira, Concept of Sthula and Sukshma Sharira, Introduction to Panchakosha; **Western concept:** Introduction to body as a whole, technical terminology of anatomy, body cavities, different levels of organization, introduction to cell, tissue, organ and systems; Objectives of Knowledge of Shaarira

**Unit: 2**

**Embryology:** Definition of Garbha, Garbha Vriddhikara Bhava, Masanumasika Vriddhi; Fertilization, Germ layers, Development of fetus, weekly development, fetal circulation

**Unit: 3**

**Kala Sharira:** Definition & formation of Sapta Kalas; Anatomical structures, functions, types of membranes; Descriptions of membrane in heart, lungs, brain, abdominal cavity & joints.

**Unit: 4**

**Musculo-skeletal system:** Peshi – Snayu – Asthi – Sandhi Sharira, structural introduction to Asthivaha, Mansavaha & Majjavaha Srotas; Developmental & Surface Anatomy, General Description & types of muscle, bones & joints; Detailed study of skeletal & visceral muscles; Detailed study of bones & joints

**Unit: 5**

**Respiratory system:** Introduction to Phupphusa, Kloma & structural introduction to Pranavaha Srotas; Developmental anatomy, Surface Anatomy & detailed study of Larynx, Pharynx, Trachea, Bronchi & Lungs

**Part – B (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Digestive system:** Introduction to Mukhaguha, Amashaya, Grahani, Pakvashaya, Unduka, Sthulaguda; structural introduction to Annava Srotas; Developmental anatomy, Surface Anatomy & detailed study of oesophagus, stomach, small & large intestines, rectum & anus

**Unit: 2**

**Digestive system:** Introduction to Yakruta, Pittashaya, Agnyashaya; Developmental Anatomy, Surface Anatomy & detailed study of Liver, Gall-bladder, Bile ducts & Pancreas

**Unit: 3**

**Cardio-vascular system:** Introduction to Hridaya, Shira, Dhamanee, Pleeha, structural introduction to Rasava and Raktava Srotas; Developmental Anatomy, Surface Anatomy & detailed study of Heart, Spleen, Artery, Vein

**Unit: 4**

**Cardio-vascular system:** Description of Arteries supplying blood to different parts of body and Veins collecting blood from different body parts; Description of Lymphatic circulation

**Unit: 5**

**Cardio-vascular system:** Introduction to Rakta – Panchabhautika Sangathana, Pramana, Shuddha Rakta Lakshana; Blood: Composition – Plasma, Blood cells (RBCs, WBCs, Platelets); Lymph: Composition

**Paper – 3****SHARIRA RACHANA (HUMAN ANATOMY) – 2****Theory -100 marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Genito-Urinary system:** Introduction to Vrikka, Gavini, Basti, Medhra; structural introduction to Mutravaha Srotas; Developmental anatomy, Surface Anatomy & detailed study of Kidney, Ureter, Bladder, Urethra

**Unit: 2**

**Genito-Urinary system:** Introduction to Yoni, Garbhashaya, Mushka structural introduction to Shukravaha & Artavavaha Srotas; Developmental anatomy, Surface Anatomy & detailed study of Male & Female reproductive organs

**Unit: 3**

**Endocrine system:** Classification of Glands: Exocrine & Endocrine; Developmental anatomy, Surface Anatomy & detailed study of various endocrine glands – Hypothalamus, Pituitary, Pineal, Thymus, Thyroid, Parathyroid, Pancreas, Adrenal, Testes, Ovaries

**Unit: 4**

**Marma Sharira:** Definition, types and importance of Marmas; Structural aspect of various Marmas

**Unit: 5**

**Pramana Sharira:** Anguli Pramana of the body and various body parts according to Charaka Samhita and Sushruta Samhita; Anjali Pramana of various body elements according to ancient texts

**Part – B (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Nervous system:** Yogic concept of Nadi Tantra: Introduction to various Nadis like Ida, Pingala, Sushumna, Saraswati etc., Shatchakras; Classification of Nervous system – ANS, CNS, PNS (sympathetic & parasympathetic); Developmental anatomy, Surface Anatomy & detailed study of Nervous tissue – efferent & afferent, sensory & motor nerve

**Unit: 2**

**Nervous system:** Developmental anatomy, Surface Anatomy & detailed study of Brain & Spinal cord; Introduction to cranial nerves

**Unit: 3**

**Special senses:** Introduction to Indriya Sharira – Origin, Panchapanchaka; General introduction to special senses, introduction to receptors; Developmental anatomy & detailed study of Ear, Tongue & Nose

**Unit: 4**

**Special senses:Eye: Eastern concept:** Patala, Mandala, Sandhi; Developmental anatomy & detailed study of Eye

**Unit: 5**

**Special senses: Skin: Introduction to Twacha** – origin and different layers according to Charaka Samhita and Sushruta Samhita, structural introduction to Svedavaha Srotas; Developmental anatomy, Surface Anatomy & detailed study of skin

**PRACTICAL**

**Practical – 100 marks**

**Teaching hours - 180**

1. Demonstration of Human Body – Models and Charts
2. Demonstration of Bones, Joints and Human skeleton Models and Charts
3. Demonstration of Histological Slides of –  
Respiratory, Gastrointestinal, Cardio Vasculer, Reticulo endothelial System and Genito-Urinary System
4. Demonstration of Embryology – Models and Charts
5. Demonstration of Brain and spinal cord, Organs of special senses, Cranial nerves
6. Demonstration of Nadi, Shatchakra
7. Demonstration of Marma
8. Multimedia presentations of the above said topics
9. Demonstration of virtual dissection

**A journal consisting 40 practical**

**[Detailed anatomical descriptions of 05 – Bones, 05 – Muscles, 10 – Histological slides (2 from each system mentioned above), 05 – Parts/areas of Brain+Spinal cord+Special senses, 05 – Cranial nerves, 05 – Nadi+Chakras, 05 – Marmas]**

**-: Reference Books :-**

1. Sushruta Samhita Sharira Sthana (A study of Human body) By D. G. Thatte
2. Sushruta Samhita Sharera Sthana – By B. G. Ghanekar
3. Charaka Samhita Sharira Sthana – Chaukhambha Orientaia
4. Taittiriyanopanishad – Sanskruti Sansthan, Khwaja Qutub – Bareilly.
5. Ayurvediya Kriya Sharira – Vaidya Ranjitrai Desai
6. Grants method of Anatomy – Grant
7. Regional And Applied Anatomy – R. J. Last
8. Cunningham's Text Book of Anatomy – Cunningham
9. Medical Embryology – Langman
10. Bailey's Text book of Histology – Bailey
11. Colour atlas of Human anotomy – McMinn IInd edition.
12. Principles of Anatomy and physiology – Tortora & Grabovsky
13. Best and Taylor's physiological Basis of Medical practice
14. Text book of Medical physiology – Guyton
15. Text book of Bio Chemistry – West & Todd

**Paper – 4****SHARIRA KRIYA (HUMAN PHYSIOLOGY INCLUDING BIOCHEMISTRY) – 1****(Total = Theory-200+Practical-100=300 marks)****Theory -100 marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Definition and terminology: Eastern concept:** Definition of Sharira and Kriya Shaarira, Meaning of words Kaya, Deha; General functioning of Pancha Mahabhuta, Panchakosha; **Western concept:** Definition, objectives & introduction of Physiology and biochemistry; **General Physiology:** Cell function, cell organelles, cell membrane and its properties, transport mechanisms, bio – electrical potentials, body fluids and homeostasis.

**Unit: 2**

**Dosha-Dhatu-Mala Vijnana:** Dosha-Dhatu-Mala: introduction, types, qualities & normal functions; Dhatu Utpatti and Dhatu Poshana Krama; Prakruti – definition, introduction, types & characteristics of various Prakruti

**Unit: 3**

**Agni & Srotas:** Concept of Agni & its various dimensions; Definition, Classification & Functions of Srotas

**Unit: 4**

**Manas:** Ubhayendriyatva, functions, relation between Sharira & Manas, nourishment of Manas; Manovaha Srotas, relationship of Manas with Sanjnavaha and Cheshtavaha Srotas; Different types of Manas Prakruti with regards to various types of personalities; Role of Yoga & Nisargopachara in mental health

**Unit: 5**

**Neuro-muscular physiology:** Introduction, organization, mechanism of excitability, functional classification of nerve fibers, types of nerve conduction tests; Introduction to muscles, organization, functional classification of muscles; neuro-muscular junction; physiology of excitation-contraction, clinical study of their hypo and hyper functions; Sterling's law & its application



**Part – B (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Digestive system: Eastern concept:** Avasthapaka, Nishthapaka, Ahara Parinama Kara Bhava; **Western concept:** Introduction, organization and functions of saliva; **Stomach** – Functions; composition and function of gastric juice, gastric emptying time, regulatory mechanisms; **Pancreas** – composition, functions and regulation of pancreatic juice and secretions; **Liver** – functions, formation – composition – storage – release and regulation of bile, entero – hepatic circulation; **Small and large intestine** – Enteric Juice, composition – function and mechanism of secretions, functions of colon.

**Unit: 2**

**Digestive system: Gastro intestinal tract-** movements, mastication, deglutition and vomiting, defecation, hormones, regulation of the movements; Digestion and absorption of carbohydrates, fats, proteins, vitamins, minerals and water

**Unit: 3**

**Cardio-vascular system:** Introduction, organization & functions; Description of cardiac cycle, heart sounds, blood pressure; Circulation – general and specific – pulmonary, cardiac & portal

**Unit: 4**

**Blood & Immunity:** Blood – Physical properties, composition and function, Homeostasis, coagulation and anticoagulants; Blood groups – its applied dimensions, Physiological relevance of anemia and jaundice; Introduction to Oja – its functions & importance; Definition, Introduction and types of immunity, Immune mechanism

**Unit: 5**

**Respiratory system:** Eastern concept of respiration according to Sharangadhara Samhita; Introduction, organization & functions of respiratory system; **Mechanics of respiration** – external & internal, lung volume and capacities, alveolar ventilation, functioning and organization of respiratory centers

**Paper – 5****SHARIRA KRIYA (HUMAN PHYSIOLOGY INCLUDING BIOCHEMISTRY) – 2****Theory -100 marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit: 1**

**Excretory system: Eastern Concept** of Urine formation according to ancient texts; Introduction, organization and functions of Urinary system; Formation of urine & micturition; Regulatory mechanisms of urinary system; Skin – Mechanism of Sweating & regulation of temperature

**Unit: 2**

**Reproductive system:** Sex determination, differentiation & chromosomal study; **Male reproductive system** – Introduction, organization of the system, gonadotropins & gonadal hormones, functions of testes & spermatogenesis, composition of semen, secondary sex characters; **Female reproductive system** – Introduction, organization of the system, gonadotropins, functions of ovaries & ovarian hormones, physiology of menstrual cycle, secondary sex characters; Pregnancy, placenta, gestation, parturition, physiological base for laboratory tests of ovulation & pregnancy, labour; Lactation, true & pseudo hermaphroditism

**Unit: 3**

**Endocrine system:** Introduction, organization of endocrine system, classification of hormones, mechanism of hormone actions, regulation of secretions & feedback system, releasing hormones of hypothalamus; Functions of hormones of: Pituitary, Pineal, Thymus, Thyroid, Parathyroid, Adrenal, Pancreas; Chemical nature & bio-synthesis of hormones, clinical conditions due to hypo & hyper functions

**Unit: 4**

**Metabolism:** Chemistry and metabolism of carbohydrates, fats, proteins, vitamins, minerals, water, enzymes, Nucleic Acids & Electrolytes; Hemoglobin & Energy metabolism; Acid – Base Balance.

**Unit: 5**

**Biochemistry:** Liver function – tests, detoxification, mechanisms; **Kidney function** – tests, composition of Urine, urea clearance & creatinine clearance

**Part – B (each unit bears 10 marks = total 50 marks)**

**Unit: 1**

**Nervous system: Yogic concept of Nadi Tantra:** Functional aspect of various Nadis like Ida, Pingala, Sushumna, Saraswati etc. & Function of Shatchakras;  
**Central Nervous system: *Introduction, organization & functions of:*** Neuron – Cerebro spinal fluid – Synapse – Ascending tracts – Motor systems – Cerebellum – Basal ganglions – Vestibular apparatus – Thalamus

**Unit: 2**

**Nervous system: Sensory physiology** – functional classification of receptors, sensory modalities and stereo gnosis; **Reflexes** – functional aspects; **Body temperature** – regulation, normal temperature, hypothermia, pyrexia; **Reticular formation** – physiology of reticular formation, EEG & physiology of sleep & wakefulness; **Higher functions** – learning, speech, memory, behavior & emotions; **Introduction, organization & functions of:** sympathetic & para-sympathetic nervous system

**Unit: 3**

**Special senses:** Introduction to Indriya Sharira – Functions of Jnanendriyas and Karmendriya; Physiology of Touch – Taste – Smell

**Unit: 4**

**Special senses:** Physiology of Hearing – Vision

**Unit: 5**

Effects of Yogic & Nisargopachariya processes on functions of various systems

**PRACTICAL**

**Practical – 100 marks**

**Teaching hours - 140**

1. Hematology – Estimation of RBC, WBC, T.C., DPC, Hb, Blood indices and ESR
2. Bleeding and coagulation time
3. Examination of CVS and pulse
4. Lungs function test including spirometry
5. Stethoscopy
6. Temperature estimations and its physiological variation
7. Macroscopic and microscopic examination of urine and stool & semen
8. Determination of blood group

9. Blood pressure estimation
10. Motor function tests
11. Sensory function test
12. Cranial nerves' function test
13. Reflexes
14. Chemical examinations of urine & stool

**-: Reference Books :-**

1. Sushruta Samhita Sharira Sthana (A study of Human body) By D. G. Thatte
2. Sushruta Samhita Sharera Sthana – By B. G. Ghanekar
3. Charaka Samhita Sharira Sthana – Chaukhambha Orientaia
4. Taittiriyanopanishad – Sanskruti Sansthan, Khwaja Qutub – Bareilly.
5. Ayurvediya Kriya Sharira – Vaidya Ranjitrai Desai
6. Grants method of Anatomy – Grant
7. Regional And Applied Anatomy – R. J. Last
8. Cunningham's Text Book of Anatomy – Cunningham
9. Medical Embryology – Langman
10. Bailey's Text book of Histology – Bailey
11. Colour atlas of Human anotomy – McMinn IInd edition.
12. Principles of Anatomy and physiology – Tortora & Grabovsky
13. Best and Taylor's physiological Basis of Medical practice
14. Text book of Medical physiology – Guyton
15. Text book of Bio Chemistry – West & Todd

**Paper- 6****INTRODUCTION AND HISTORY OF YOGA****Theory – 100 marks****Teaching hours – 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit – 1**

**Introduction:** Definitions, Objectives and importance of Yoga; Origin and History of Yoga, literary overview from Vedic to Modern era.

**Unit – 2**

**Historical & Literary introduction to important Yogic texts:** 1.Patanjala Yoga Sutra 2. Yoga Vashishtha 3. Shrimad Bhagvad Geeta 4. Hath Pradeepika 5.Gheranda Samhita 6. Shiva Samhita 7.Goraksha Shatak 8. Hatha Ratnavali 9.Shiva Svarodaya

**Unit – 3**

**Historical & Literary introduction to Allied texts:-** 1.Shwetashwataropnishat 2.Dhyana bindoopnishat 3.Jabaldarshanopnishat 4.Yogashikhopnishat 5. Yoga Kundalyopauishat 6.Yoga Choodamani Upanishat 7.Yajnavalkya Smriti 8.Yoga Vartika 9.Trishikhibrahmanopnishat 10.Advayatarakopnishat 11.Darshanopnishat 12.Nadabindupnishat 13.Pashupatabrahmanopnishat

**Unit – 4**

**Historical & Literary introduction to Allied texts:-**  
1.Mandalabrahmanopnishat 2.Mahavakyopnishat 3.Shandilyopnishat  
4.Hamsopnishat 5.Amritanadopnishat, 6.Amrutabindupnishat  
7.Kshurikopnishat 8.Tejobindupnishat 9.Brahmavidyopnishat  
10.Varakopnishat 11.Mahanirvana Tantra, 12.Vijnana Bhairava Tantra  
13.Kularnavatantra

**Unit – 5**

**Literary introduction to contemporary texts :-** 1.Yoga Philosophy and Religion by S. N. Dasgupta 2.Yoga and Indian philosophy by Karel Werner 3.Light on Yoga by B K S Iyenger 4.Light on Pranayama by B K S Iyenger 5.Asana Pranayama Mudra and Bandha by Bihar School of Yoga 6.Yoga and Kriya by Bihar School of Yoga 7.Yoga Mimansa by Kaivalyadham Lonavla 8.Four Yogas by Swami Vivekanand 9.Vivek Chudamani by Adi Shankaracharya

10. An autobiography of a Yogi by Swami Paramahansa Yogananda 11. The serpent power by Sir John Woodroff 12. The monograph on Chakras by C. W. Leadbeater

**Part – B (each unit bears 10 marks = total 50 marks)**

**Unit – 1**

**Glimpses of Yoga in Eastern and Western religions:** Hindu, Bauddha, Jaina, Christianity, Zoroastrianism, Islam – Sufism, Sikhism.

**Unit – 2**

**Glimpses of Yoga in Eastern and Western civilizations & cultures:** Indus valley civilization, Egyptian, Mesopotamian, Greek, Roman, Iranian, Maya and Aztec, Chinese, Japanese

**Unit – 3**

**Life sketches:** Yajnavalkya, Vyasa, Vashishtha, Narada, Hanumana, Shri Krushna, Buddha, Mahaveera, Patanjali, Shankaracharya, Ramanujacharya, Gorakshanatha, Swatmarama, Vemana Yogi, Dayananda Saraswati, Ramkrushna Paramhansa, Swami Vivekananda, Shri Aurobindo, Swami Kuvalyananda Swami Krupalvananda, Swami Shivananda, Swami Rama, Mahesh Yogi, Dada lekhranj, Swami Satyananda Saraswati, T. K. Desikacharya, B.K.S. Iyengar, Acharya Rajneesh

**Unit – 4**

**Introduction to leading Yoga Institutions:-** 1. Yoga Institute – Santacruz – Mumbai, 2. Kaivalyadhama – Lonavla, 3. Shri Ramamani Iyengar Memorial Institute of Yoga – Pune, 4. Shivananda Ashrama – Rishikesh, 5. Bihar School of Yoga – Munger (Bihar), 6. Krishnamachari Yoga Mandiram – Chennai, 7. Morarji Desai National Institute of Yoga – New Delhi, 8. Kayavarohana Tirth – Vadodara, 9. Yoga Niketan – Vadodara, 10. M.P.I.Y.N.E.R. – Gujarat Ayurved University, Jamnagar, 11. Maharshi Mahesh Yogi Foundation – New Delhi, 12. Vivekananda Institute of Yoga, Bangalore 13. International Center for Yoga Education & Research – Puducherry

**Unit – 5**

**Education: Tradition and practice of yoga in ancient times and in today's perspective:** Vedic preachings, Teacher disciple method –Ancient Universities viz. Takshashila, Nalanda, Vikramshila, Education in pre mediaeval and mediaval era – different sects / clans and their teachings, modern age – revival of Teacher – disciple, Centers, Universities, Colleges, departments, research institutes; **AYUSH** and its role in control and propagation of yogic practices in a scientific manner & its standardization; **Relationship of various sciences with yoga:** Physics, Chemistry, Biology, Botany, zoology and others

**:-REFERENCE BOOKS :-**

1. Veda – SwamiSharadananda
2. The message of Upanishadas- Ranganathananda
3. Twetive Principal Upanishads – Dr. Roer, R.I. Mitra, E. Bcowell.
4. Four yogas – Swami Vivekananda
5. Upanishad – 108 upanishads – Gorakhpur / Khwajaqutub – Bareits.
6. Hatha yoga pradeepika – swatmaram – Kaivalyadham – Lonavla
7. Gheranda Samhita – Kaivalya dham – Lonavla
8. Cultural leaders of India (founder of philosophy) – Publication division, govt of India.
9. yoga and Indian philosophy – Karel Werner
10. Conception of Man – edi by S.Radhakrishna & P.T.Raju
11. Eastern definitions – Edward Rice
12. Glimpses of Divine Light – K.S.Das
13. Shivasutras (The yoga of supreme identity) – Jaidev Singh
14. The upanishad, The Bhagvadgita, The Dhammapads – Juan Hascaro
15. Hath yoga (The Hidden Language ) – Swami Shivananda Radha
16. Yoga – Key to Life – James Mc cartney
17. Jainism – Herbert Klarren
18. Dhammapada – S. Radhakrishnan
19. Kriya yoga – Swami Satyananda Saraswati
20. The Gospal of Buddha – Paul Corus
21. Gospel of Shri Ramakrishna – Mahendranath Gupta
22. Bhagwadgeeta – (As it is )- A.C.Bhaktivedanta Swami Prabhupada
23. Sufism – Hazrat Inayatkhar
24. Complete works of Swami Vivekananda – Vivekanand
25. Complete works of Shri Aurobindo – Shri Aurobindo
26. Asparasa Yoga – Colin A. Cota
27. The serpent Power – Sir John Woodroff
28. The art of Tantra – Philip Rawson

29. Seminar on Yoga Science & Man – CCRIMH
30. An Autobiography of a Yogi – Shri Paramahansa Yogananda
31. Verses of Vamana – C.P.Brown
32. Encyclopaedia of indian Physical Culture – edi by D.C.Majumdar
33. Viveka Chudamani – Adi Shankaracharya
34. Yoganka – Kalyana – Annula Special issue.



**Paper- 7****INTRODUCTION AND HISTORY OF NISARGOPACHARA****Theory: 100 marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit – 1**

Definition, objectives and importance of Nisargopachara; **Origin and History of Nisargopachara** – a literary overview from Vedic to Modern era

**Unit – 2**

**Introduction** to important literary portions covering the description of Nisargopachara in Indological perspective – relevant portions from vedic, Vedantic, Darshana, Samhita, Purana and Samgraha literatures.

**Unit – 3**

**Introduction to Indian Texts:** Ancient texts: Veda – Vedantic – Darshanas – Samhitas – Puranas – Samgraha literatures; Works of : Mahatma Gandhi, Shri Vitthaldas Modi, Shri Gidwani, Dr. K. Laxman Sharma, Dr. H.K. Bhakhru, Dr. Kulkarni, Dr. Kulranjan Mukharji and others.

**Unit – 4**

**Introduction to Western Texts:-** Works of : Sir Hehry Lindlhar, Louis Kuhne, Dr. E.D.Babbit, Dr. Sebastein Kneipp, Sigmond freud, J.H.Kelloogs, J.H.Tilden, Adolf Just and others.

**Unit – 5**

**Concepts of Nisargopachara:** Eastern – Western – Traditional and Neo-naturopathic

**Part – B (each unit bears 10 marks = total 50 marks)****Unit – 1**

**Glimpses of Nisargopachara in Eastern and Western Civilizations, Cultures and Religions:** Indus valley civilization, Chinese, Egyptian, Mesopotamian, Greek, Roman, Iranian, Maya & Aztec, Buddha, Jaina, Christianity, Zorostrian, Islam.

**Unit – 2**

**Life Sketches: Indian:** Mahatma Gandhi, Balkoba Bhawe, Vitthaldas Modi, Dr. Gidwani, Dr. H.K.Bhakhru, Dr. Kulkarni, Dr. Laxman Sharma, Dr. Bhamgara, Jayanti Thakor, Sukhbirsingh and others.

**Unit – 3**

**Life Sketches: Western:** Aesculapius, Hippocrates, Vincent Priessnitz, Sebastien Kneipp, Arnold Rickle, Louis Kuhne, J.H.Tilden, Adolf Just, Henry Lindlhar, Paracelsus, J.H. Kellogg, Herbert M. Shelton, Benedict Just, Dr. E.D.Babbit, Bernard Mc Faddin, Ivon Preczely

**Unit – 4**

**Leading Institutions of Nisargopachara:** Nisargopachara Ashram – Urulikanchan, Arogyadhama – Gorakhpur, Jindal Naturopathy Institute, Banglore, NIN – Pune, Nisargopachara Kendra – Gotri (Vadodara), Balvantrai Nisarogopachara Kendra – Vadodara, M.P.I.Y.N.E.R.-Gujarat Ayurved University, Jamnagar, C.C.R.Y.N., New Delhi, S.D.M. Nisargopachare Kendra, Moodubidri, Karnataka.

**Unit – 5**

**Relationship of Nisargopachara with other sciences:** Physics, chemistry, Biology, Botany, Zoology and other; **Education, Tradition and practice of Nisargopachara in ancient times and in today's perspective:** Vedic preachings, teacher disciple method, Ancient Unviersities Viz. Takshashila, Nalanda, Vikramshila, Education in Premediaval and mediaval era, modern era – centers, Universities, colleges, departments, research institutes; C.C.R.S. and C.C.R.Y.N. and its role in promoting scientific research and Indological / eastern concepts of Nisargopachara and Standardization of its various dimensions.

**-: REFERENCE BOOKS :-**

1. Relevant portions from Rigveda – Aryasamaj Prakashan
2. Relevant portions from Yajurveda - Aryasamaj Prakashan
3. Relevant portions from Samaveda - Aryasamaj Prakashan
4. Relevant portions from Atharvaveda - Aryasamaj Prakashan
5. Relevant portions from Brahman, Aranyak, Sutra Texts – Various publishers
6. 108 Upanishads – Khwaja Qutub – Bareily.
7. Prakrutik Ayurvijnana – Dr. Jindal – Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
8. History and Philosophy of Nature cure – By S.J.Singh
9. Philosophy of Nature cure – By Henry Lindlhar
10. Human culture and cure – By Dr. E.D.Babbit
11. My Nature cure – By M.K.Gandhi

12. The New Science of Healing – By Louis Kuhne
13. Return to Nature – Adolf Just
14. Books referred to for paper (VIII) – Fundaments of Ayurved.

**Paper – 8****FUNDAMENTS OF AYURVEDA – 1****Theory: 100 Marks****Teaching hours - 110****Part – A (each unit bears 10 marks = total 50 marks)****Unit – 1**

**Introduction:** Definition, objectives, and importance of Ayurvedic fundamentals; Origin and history of Ayurveda, overview from Vedic to modern era.

**Unit – 2**

**Introduction to important Ayurvedic Texts:- Bruhat Trayi:-** Charak Samhita, Sushruta Samhita, Ashtanga Samgraha, Ashtanga Hrudaya; **Laghu Trayi:** Madhava Nidana, Sharngadhara Samhita, Bhavaprakash; **Other Important Texts:** Kashyapa Samhita, Bhela Samhita, Harita Samhita, Chakradutta, Sahasra Yoga, Yoga Ratnakara etc.

**Unit – 3**

**Commentaries On Various Ayurvedic Texts:** 1. Ayurveda Dipika by Chakrapani Dutta 2. Nibandha Samgraha by Dalhana 3. Sarvanga Sundara by Arunadutta 4. Shashilekha by Indu 5. Jalpakalpataru by Gangadhara 6. Ayurveda Rasayana by Hemadri; **Commentaries of modern era, including translations:** 1. Charakopaskara by Yogindranath Sen 2. Ghanekar Commentary on Sushruta Samhita; Various translations of Brihat Trayi

**Unit – 4**

**Concept of Ayurveda:** Atreya And Dhanvantari Schools; **Limbs of Ayurved (Ashtanga)**

**Unit – 5**

**Glimpses of Ayurveda in Eastern and Western Civilizations; Cultures and Religions:** Indus valley civilization, Chinese civilization, Egyptian, Mesopotamian, Greek, Roman, Iranian, Maya and Aztec, Hindu religion, Chinese religions, Bauddha, Jaina, Christianity, Zoroastrian, Islam.

## **Part – B (each unit bears 10 marks = total 50 marks)**

### **Unit – 1**

**Life Sketches:- Ancient to Samgraha era:** Punarvasu Atreya, Dhanvantari, Divodasa, Kashyapa, Agnivesha, Bhela, Parashara, Harita, Sushruta, Vagbhatta, Sharngadhara, Bhavamishra, Madhavakara etc.

### **Unit – 2**

**Modern era:** Vd. Zandu Bhatt, Pt. Hariprapanna Shastri, Pt. Madanmohan Malaviya, Vd. Y.T.Acharya, Vd. Bapalal, Vd. Ranjit Rai Desai, Vd. D.A.Kulkarni, Dr. P.M.Mehta, Dr. K.N.Udupa, Vd. Ramraksha Pathak, Prof. V.J.Thaker, Vd. C.P.Shukla, Vd. P.V.Sharma, Vd. Mukundilal Dwivedi, Vd. Bruhaspatidev Trignna, Vd. P.K. Warriar, Vd. Vasudev Mulshankar Dwivedi.

### **Unit – 3**

**Introduction to Ayurved Education System in ancient and Modern times:** Mythological aspect. As a part of Vedic Teaching, Teacher – disciple method – qualities of a Teacher – taught and the process of endisipling, Ancient Universities – Takshashila, Nalanda, Vikramashila, Education in premedival and medieval era, Modern age ; revival of Teacher – disciple method, Universities, colleges, integrated approach, departments.

### **Unit – 4**

**Introduction to Leading Ayurvedic Institutions:** Faculty of Ayurved – Banaras Hindu University, Varanasi; Shri Gulabkuverba Ayurved College, Jamnagar; Gujarat Ayurved University, Jamnagar; IPGT & RA, Jamnagar; National Institute of Ayurved, Jaipur; Rajasthan Ayurved University, Jodhpur; Sant Ravidas Ayurved University, Gurdaspur; Tilak Ayurved College, Pune; Poddar Ayurved College, Mumbai; Arya Vaidyasala – Kottakkal.

### **Unit – 5**

Research activities in the field of Ayurved; **Relationship of various sciences with Ayurved:** Physics, Chemistry, Biology, botany, Zoology and others; Probable role of A.Y.U.S.H., C.C.I.M. and C.C.R.A.S. in Global and Indian health care perspective – Primary, Secondary and Tertiary levels and W.H.O.

-: **REFERENCE BOOKS** :-

1. Ayurved Ka Itihas : Vaidya Sooramchand
2. Ayurved Ka Bruhat Itihas – Vaidya Atrideva Gupta
3. History of Indian Medicine (Part I, II, III ) – B. N. Mukhopadhyay
4. Indian Medicine and Classical Age – Vaidya Priyavrat Sharma
5. Vedon Men Ayurved – Ramagopala Shastry
6. Ayurved Ka Vaijnanik Itihas – Acharya P. V. Sharma
7. Ayurved Ke Prabhavak Jainacharya – Acharya Rajkumar Jain
8. Jain Ayurved Sahitya Ka Itihas – Dr. Rajendraprakash Bhatngar
9. Atharvaveda and Ayurved – Karambellkar
10. History of Indian Medicine – J. Jolly
11. Hindu Medicine – Zimmer
12. Ayurvedic Medicine – Past & Present – Shri Sharma
13. Our Glorious Heritage – Dr. Rustamji Vakil
14. History of Ayurved – P. Kutumubia
15. Science and Philosophy of Indian Medicine – Dr. K. N. Udappa
16. History of Ayurved from Pre Maurian to Kushana Period - Dr. Jyotir Mitra.
17. Ayurvedic Material in Buddhist Literature – Dr. Jyotir Mitra
18. Luminaries of Indian Medicine – K. R. Shrikanthamurthy.
19. Ancient Scientist – O. P. Jaggi.
20. Relevant portions from the Bruhat & Laghu Trayi
21. A Short History of Aryan Medical Sciences – Bhagwat Singh.

\*\*\*\*\_\*\*\*\*\_\*\*\*\*\_\*\*\*\*