

# INTERNSHIP PROGRAMME FOR UG DEGREE (SEMESTER-V)

*(For the students admitted under New Curriculum and Credit Framework from the academic session 2023-24)*



<b>Course Title: Fundamentals of Ayurveda</b>	
<b>Internship Providing Organization (IPO):</b>	<b>Department of Sanskrit, Bankura Sammilani College</b>
<b>Category of Course:</b>	<b>For UG DEGREE (SEM-V)</b>
<b>Duration:</b>	<b>60 Hours</b>
<b>Course Coordinator and Contact Details:</b>	<b>Mrs. Kabita Tah Mob: 8348376252</b>
<b>Mentors:</b>	<b>Mrs. Amrita Banerjee Mr. Bikash Mal Mrs. Sutapa Chakraborty</b>
<b>Intake Capacity:</b>	<b>65 Students</b>
<b>Course Fees:</b>	<b>Rs. 100/- (Students from Host Institution) Rs. 400/- (Students from Other Institution)</b>

# **SYLLABUS**

## **Course Title: Fundamentals of Ayurveda [50 Marks/2 Credits/60 Hours]**

### **Learning Outcomes (LO)**

- Describe the historical evolution and basic concepts of Ayurveda.
- Explain the Panchamahabhuta theory, Tridosha theory, and other fundamental Ayurvedic principles.
- Identify common Ayurvedic herbs and their uses.
- Differentiate between Ayurvedic and allopathic approaches to health.
- Demonstrate basic Ayurvedic lifestyle and dietary recommendations.
- Apply Ayurvedic principles in self-care and preventive health practices.

### **Unit-I:**

- Ayurvedic Herbs and Formulations
- Identification of key Ayurvedic herbs
- Introduction to Rasayana (Rejuvenation)
- Overview of classical formulations (Churna, Vati, Asava, etc.)

### **Unit-II:**

- Integrative and Modern Relevance
- Ayurveda and modern health practices
- Role in preventive and promotive health care
- Scope of research and opportunities
- Group presentations

### **Practical:**

- Herbal preparation
- Home remedies
- Asana

### **REFERENCE BOOKS -**

- 1) Sushruta Samhita, Shareera Sthanam, Chapter-4
- 2) Ayurved Darshana, Acharya Rajkumar Jain
- 3) Charak Evum Sushrut ke Darshanik Vishay ka Adhyayan, Prof. Jyotirmitra Acharya

- 4) Ayurveda Ka Itihas, Kavira Suram Chand
- 5) Ayurveda Ka VaigyanikaItihasa, Acharya Priyavrata Sharma
- 6) Ayurveda Ke Pranacharya , Ratnakara Shastri
- 7) Ayurveda Itihasa Parichaya, Prof. Banwari Lal Gaur
- 8) Sushruta Samhita, Shareera Sthanam, Chapter-4
- 9) Astang Hridaya: Hindi commentary by Lalchanda Vaidya
- 10) Astang Hridaya: Hindi commentary by Vd. B.L. Gaur
- 11) Astang Hridaya: English commentary by Dr. T. Sreekumar
- 12) Astang Hridaya: English commentary by Dr. Vishwavasud Gaur
- 13) Astang Hridaya: Sanskrit commentary by Hemadri
- 14) Astang Hridaya: Sanskrit commentary by Arunadatta
- 15) Charaka Samhita, Vaidya Harischandra Singha Kushabaha
- 16) Fundamentals of Ayurveda, Janesh Ranjan Bhattacharya
- 17) Ayurveda Samgraha, Upendranath Sen and Debendranath Sen (Vol-1,2,3,4)
- 18) Astang Hridaya, Maharshi Bagvatt(Vol-1)