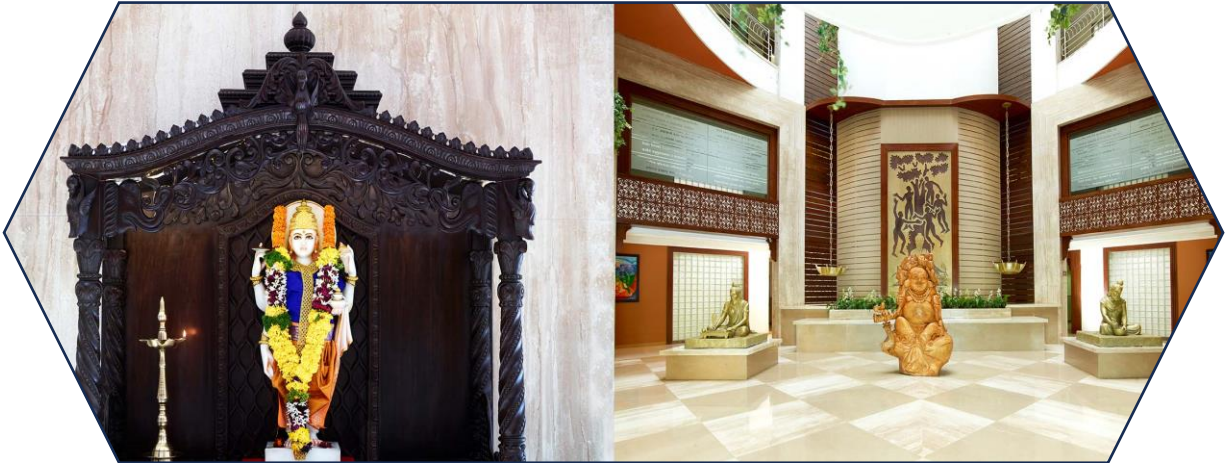




**DR. D. Y. PATIL VIDYAPEETH, PUNE
(DEEMED TO BE UNIVERSITY)**

**DR. D. Y. PATIL COLLEGE OF AYURVED & RESEARCH CENTRE,
PIMPRI, PUNE – 18**

**BASIC SHORT-TERM COURSES IN AYURVED
FOR
INTERNATIONAL STUDENTS**



INTRODUCTION

Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune is a renowned institute for Ayurved education not only across India but also the globe. It is functioning under the esteemed Dr. D. Y. Patil Vidyapeeth, Pune which is a Category-I Deemed to be University with NAAC A++ Grade and ISO Certification. The Ayurved Institute has UG (100 intake), PG (100 intake) and PhD programs which are recognized by NCISM, New Delhi and Ministry of AYUSH (Government of India).

The hospital of the Institute is NABH Accredited and the Pharmacy is GMP Certified and FDA Approved.

The excellent teaching and hospital infrastructure, experienced teaching faculty and international presence of the Institute initiated the Basic Short-term Courses in Ayurved for International students who wish to understand the Basic concepts of Ayurved.

The aim behind these courses is only to align the student towards Fundamental concepts and principles of Ayurved in order to maintain self-health. In view of the same, it is to be noted that on course completion the student/students are not entitled to engage as an Ayurved Physician in any manner.

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Course Name	:-	BASIC COURSE IN FUNDAMENTALS OF AYURVED
Course Code	:-	AyuBC-FA
Duration	:-	8 Days Teaching days – 6 (Total teaching hours = 6 days X 5 hrs = 30 hrs) Revision – 1 day Exam – 1 day
Intake Capacity	:-	10 per batch
Eligibility	:-	Minimum 9+3 or 10+2
Assessment	:-	Theory 50 marks + Viva Voce 50 marks [Passing – 50%]
Fees	:-	500 USD
Course Objectives	:-	<ul style="list-style-type: none"> ➤ To educate the student about the fundamental concepts/principles of Ayurveda like Dosha, Dhatu, Mala, Agni etc. ➤ To make the student understand the concept of health according to Ayurved through assessment of Prakruti, Agni, Mind etc and to attain the same by Dinacharya, Rutucharya etc. ➤ To make the student aware about the concept of disease according to Ayurved and types of Chikitsa in short. ➤ Create awareness about Ahara, Vega and regimes like Dinacharya, rutucharya, Garbhiniparicharya and their role in health.
Learning Outcome	:-	The student should be able to apply the basic concepts/principles of Ayurved in daily routine in order to maintain self-health and prevent disease by following Dinacharya, Rutucharya etc.

Syllabus as detailed Curriculum :-

Sr. No	Topic	Details of Syllabus	No. of Lectures
1.	What is Ayurved	Ayurveda definition, emergence, Historical Development of Ayurveda.	1
2.	Basic elements of Ayurved	Tridosh concept and it's applied theory	2
3.	Fundamentals of Ayurved	Dosha-Dhatu-Mala	2
4.	Siddhanta's	Panchamahabhuta, Lok-Purush	2
5.		Samanya-Vishesh, Dravya-Guna-Karma, Ras-Virya-Vipak	2
6.	Concept of Agni and Aama	<ul style="list-style-type: none"> ➤ Definition and importance, synonyms, classification, location, properties and functions of Agni and functions of Jatharagni, Bhutagni, and Dhatvagni. ➤ Aama – Definition and role in disease formation. 	2

7.	Prakruti	Deha- Prakriti: various definitions and synonyms term Prakriti. Manasa- Prakriti: Introduction and types of Manasa-Prakriti.	3
8.	Dosha relations	With Ras, Vaya etc	2
9.	Dincharya – Ritucharya	Daily regimen, Importance of Exercise, Sadvrutta, Seasonal changes to be made in food and daily routine.	2
10.	Aahar	Definition, classification and significance of Ahara, Ahara-vidhi-vidhana, Ashta Aharavidhi Viseshayatana, Ahara Parinamkar Bhava.	2
11.	Vega	Vega concept	1
12.	Chikitsa	Concept of Shodhana-Shamana	4
13.	Rasayan (Rejuvenation)	Definition, Importance, Use.	1
14.	Vajikaran	Definition, Importance, Use.	1
15.	Garbhasanskar	Definition, Importance, Use.	1
16.	Ayurved-Yoga	Yoga Introduction, Importance.	2

Exam Pattern :

Sr. No.	Exam Head	Allotted Marks
THEORY		
1.	MCQ 20 Qns X 1 mark each	20
2.	Short Answer Questions – 5 Qns X 2 marks each	10
3.	Prakruti Analysis for 1 subject (Doshaja Prakruti)	10
4.	Long Answer Questions – 1 Qns X 10 marks each	10
1.	Viva Voce	50
		Total – 100 marks

Reference books –

Sr. No.	Title of the Book	Author	Publisher
1.	Charak Samhita – English Translation	R. K. Sharma Bhagwan Dash	Chaukhamba Sanskrit Series Office
2.	Sushrut Samhita - English Translation	P. V. Sharma	Chaukhamba VishvaBharati
3.	Ashtang Sangraha - English Translation	Prof. K. R. Srikantha Murthy	Chaukhamba Orientalia , Varanasi
4.	Text Book of Ayurved : Fundamental Principles Volume 1	Dr. Vasant Lad	The Ayurvedic Press
6.	The hidden secret of Ayurveda	Dr. Robert Svoboda	The Ayurvedic Press

Course Name	:-	BASIC COURSE IN MARMA SHARIR
Course Code	:-	AyuBC-MS
Duration	:-	8 Days Teaching days – 6 (Total teaching hours = 6 days X 5 hrs = 30 hrs) Revision – 1 day Exam – 1 day
Intake Capacity	:-	10 per batch
Eligibility	:-	Minimum 9+3 or 10+2
Assessment	:-	Viva Voice (50 marks) + Practical (50 marks) = 100 marks [Passing – 50%]
Fees	:-	500 USD
Course Objective	:-	To orient the student about the concept and various types of Marma told by Ayurved.
Learning Outcome	:-	At the end of the course the student will : 1. Have orientation of basic knowledge of Marma, its types, exact location in the human body and its clinical application in short. 2. Be able to use the knowledge of Marma in basic understanding of their relation with health and disease

Syllabus as detail Curriculum :-

Sr. No	Topic	Details of Syllabus	No. of Lectures
1.	Introduction to basic concepts of Sharir	<ul style="list-style-type: none"> • Sharir, Sharir definitions • 24 tatva purush • Panchamahabhootas (5 elements) • Indriya (senses) • Aatma (soul) • Mana (mind) • Three Doshas –formation, function • Seven Dhatu – formation, function Upadhatu – Snayu • Mala (Excreta) • Shadanga Sharir (divisions of the body), Upaanga - subdivisions • Kala (Membranes) • Ashaay • Sandhi (Joints) • Srotas (Channels) • Sira, Dhamani (Vessels) 	10
2.	Concept of Disease and Treatment in short	<ul style="list-style-type: none"> • Dosha Vitiation – causes, symptoms • 3 types of Routes for Dosha Vitiation • Shaman , Shodhan 	
3.	Concept of Marma	<ul style="list-style-type: none"> • Definition • Importance • History & Significance • Types 	5

		<ul style="list-style-type: none"> • Signs & Symptoms of Marma Injury – general & specific as per type 	
4.	Marma of the Hands & Legs - location, description & applied clinical aspects	Kshipra, Talahridaya, Kurcha, Kurchashira, Manibandha/Gulfa, Indrabasti, Kurpara/Jaanu, Aani, Urvi, Lohitaksha, Vitapa/Kakshadhara	5
5.	Marma of the Chest & Abdomen - location, description & applied clinical aspects	In Chest - Apastambha, Apalaapa, Stanamoola, Stanarohita, Hrudaya In Abdomen – Nabhi, Basti, Guda	
6.	Marma of the back - location, description & applied clinical aspects	Katikataruna, Nitamba, Kukundara, Parshvasandhi, Bruhati, Amsaphalaka, Amsa	5
7.	Marma in the neck & head - location, description & applied clinical aspects	Nila, Manya, Matraka, Phana, Vidura, Apanga, Aavarta, Shankha, Shrungataka, Seemanta, Adhipati	
8.	Trimarma & their importance as per Charak	Shiro (Head), Hrudaya (Heart), basti (Bladder)	5
9.	Concept of Marma Injury & treatment principles in brief	<ul style="list-style-type: none"> • Marma injury due to internal and external causes • Role of Shamana & Shodhana in specific injuries and their mode of action. 	

** Practical demonstration of Marma points will be done during theory lectures on Mummy/Cadaver/Anatomy Models.

Examination pattern –

Sr. No.	Exam Head	Allotted Marks
1.	Viva Voce	50
PRACTICAL DEMONSTRATION		
2.	Identification and demonstration of Marma points on Cadaver/Mummy/Mannequin/models (each Marma carries 2 marks) <ul style="list-style-type: none"> a. Shakha Marma – 14 marks b. Udar Marma – 4 marks c. Prushtha Marma – 8 marks d. Urah Marma – 6 marks e. Urdhva Jatru Marma – 12 marks 	50
		Total – 100 marks

Reference Books –

Sr. No.	Title of the Book	Author	Publisher
1	Charak Samhita – Volume II – English Translation	R. K. Sharma Bhagwan Dash	Chaukhamba Sanskrit Series Office
2	Sushrut Samhita – Volume II English Translation	P. V. Sharma	Chaukhamba VishvaBharati
3	Ashtang Sangraha – Volume II - English Translation	Prof. K. R. Srikantha Murthy	Chaukhamba Orientalia , Varanasi
4	Ayurveda & Marma Therapy	Dr. David Frawley, Dr. Subhash Ranade, Dr. Avinash Lele	Chaukhamba Sanskrit Pratishtan
5	Marma Points of Ayurveda	Dr. Vasant Lad Dr. Anisha Durve	The Ayurvedic Press

Course Name	:-	BASIC COURSE IN AYURVED AHAAR (NUTRITION)
Course Code	:-	AyuBC-AA
Duration	:-	8 Days Teaching days – 6 (Total teaching hours = 6 days x 5 hrs = 30 hrs) Revision – 1 day Exam – 1 day
Intake Capacity	:-	10 per batch
Eligibility	:-	Minimum 9+3 or 10+2
Assessment		Viva Voce (50 marks) + Practical (50 marks) = 100 marks [Passing – 50%]
Fees	:-	500 USD
Course Objectives	:-	<ul style="list-style-type: none"> ➤ To make the student familiar with basic principles of Ayurved aahar & its significance ➤ To make the student aware about the relation between Aahaar, Agni ,tridosha ,dhatu, panchamahabhuta and its relation with health and disease ➤ To sensitise the student about the rationale of Pathya , Apathya in disease and Chikitsa.
Learning Outcome	:-	Student will be able to apply the concepts of Ayurved Ahaar to maintain self health and create awareness in the society.

Syllabus as detail Curriculum :-

Sr. No	Topic	Details of Syllabus	No. of Lectures
THEORY			
	Ayurved and Ahaar	<ul style="list-style-type: none"> ➤ Introduction to Ayurved ➤ Importance of Ahaar (Nutrition) along with Ahaar vidhi, Tri-upastambh in maintaining health. ➤ Definition- Ahaar, Aushadhi ➤ Importance of Agni in relation to ahaar vyaapaar metabolism , Tridosha, Dhatu, Mala, Prakriti, Avasthapak 	5
	Ahaar &Aama	<ul style="list-style-type: none"> ➤ Concept of Aam ➤ Ashtavidha Ahaar Visheeshayatan, Pachan vidhi, virudhhaahar, Pathya, Apathya 	5
	Ahaar Varga	<ul style="list-style-type: none"> ➤ Introduction to Shuk,shimbi, shaak,lkshu,phala varga ➤ Ksiraadi varga, Krutanna Varg 	5
	Ahaar &Prakriti	<ul style="list-style-type: none"> ➤ Ahaar in relation to prakriti (constitution), Desh (geographical distribution), Divas-Raatri (Day & Night), Ritu (Seasons), vayaha (Age) etc. 	5

PRACTICAL			
	Common spices, vegetables & fruits	<ul style="list-style-type: none"> ➤ Usage of vegetables fruits spices and condiments in maintaining health and in common diseases ➤ Practical-Ayurvedic Recipes 	5
	Ayurvedic diet preparations	<ul style="list-style-type: none"> ➤ Preparing and understanding importance of medicated water, soups salads, rice, sherbats, healthy ayurvedic snacks 	5

Examination pattern –

Sr. No.	Exam Head	Allotted Marks
1.	Viva Voce	50
PRACTICAL DEMONSTRATION		
2.	Spotting (20 spots X 1 mark each)	20
3.	Demonstration of recipe (Two Recipes X 15 marks each)	30
		Total Marks – 100

Reference books -

Sr. No.	Title of the book	Author
1.	Ayurvedic Aahar	Dr. P. H. Kulkarni
2.	Food (Principle of healthy living)	Dr. Rajiv Rastogi
3.	Handbook of nutrition & dietetics	Dr. Vinay Joshi
4.	Medicinal Secrets of Food	Vd. Ramesh Nanal
5.	Ayurvedic Nutrition and Cooking	Vd. Sunanda Ranade
6.	Nutritive Value of Indian Food	C.Gopalan, B.V. Shastri & S. C. BalaSubramanian
7.	The Eternal Food	R.S. Kharu

Course Name	:-	BASIC COURSE IN AYURVED PANCHAKARMA
Course Code	:-	AyuBC-AP
Total Duration	:-	8 Days Teaching days – 6 (Total teaching hours = 6 days X 5 hrs = 30 hrs) Revision – 1 day Exam – 1 day
Intake capacity	:-	10 per batch
Eligibility	:-	Minimum 9+3 or 10+2
Assessment		Viva Voce (50 marks) + Practical (50 marks) = 100 marks [Passing – 50%]
Fees	:-	500 USD
Course Objectives	:-	1. Impart basic knowledge of Ayurved Panchakarma with reference to concept, types, indications and procedures. 2. Train the student for using basic Panchakarma in maintaining health for self and family/friends.
Learning Outcome	:-	At the end of the course the student will be able : 1. To apply the concept, types, indications and procedures involved in Ayurved Panchakarma for self-health. 2. Prepare various recipes used in Panchakarma like gruels, decoctions, medicated waters etc.

Syllabus as detail Curriculum :-

Sr. No	Topic	Details of Syllabus	No. of Lectures
1.	Basic concepts of Ayurved	➤ Introduction of Dosha, Dhatu. Mala, Srotus and its applicability in Panchakarma	1
2.		➤ General principles of Dosha-gati, Koshta and Agni	1
3.		➤ Types of Vyadhi ➤ Types of Chikitsa	
4.	Introduction	➤ Introduction to Panchakarma and shodhana procedures with its importance in promotion of health along with prevention and treatment of diseases. ➤ Introduction of Purvakarma and its importance.	1
5.	Snehana	➤ Etymology and definition of Snehana. ➤ Types of Snehana, Sources and its applicability in Panchakarma with indication and contra indication	2
6.	Swedana	➤ Etymology and definition of Swedana. ➤ Types of Swedana with its applicability in Panchakarma with indications and contra indications. ➤ Complication of Swedana, its management and diet regimen.	2

7	Vamana Karma	<ul style="list-style-type: none"> ➤ Etymology and definition of Vamana ➤ Importance of Vamana Karma, Utility of Vamana karma in health and diseases ➤ Preparation (poorva karma), mode of action and indication. ➤ Contraindications, complications and management. 	3
8	Virechana karma	<ul style="list-style-type: none"> ➤ Etymology and definition of Virechana ➤ Importance of virechana karma, utility of virechana karma in health and diseases, poorva karma (preparation) and its mode of action. ➤ Indications, contraindications, complications and management 	
9	Basti Karma	<ul style="list-style-type: none"> ➤ Etymology and definition of Basti ➤ Importance of Basti Karma as Ardha Chikitsa ➤ Classification of Basti, Utility of Bastikarma in health and diseases, mode of action and preparation (poorva karma) ➤ Indications, contraindications, complications and management. 	3
10.	Nasya Karma	<ul style="list-style-type: none"> ➤ Etymology and definition of Nasya ➤ Classification of Nasya and its utility in health and diseases. ➤ Mode of action, poorva karma (preparation) ➤ Indications, contraindications, complications and management. 	2
11.	Raktamokshana	<ul style="list-style-type: none"> ➤ Definition and importance of Raktamokshana ➤ Types of Raktamokshana, Indication and contraindication, complication and management 	1
12.	Samsarjana Karma	<ul style="list-style-type: none"> ➤ Role and importance of Samsarjana Karma in Panchakarma ➤ Types of Samsarjana, their properties and indications in Panchakarma / complications 	1
PRACTICAL			
13.	Snehana , Swedana		2
14.	Vamana/ Virechana		2
15.	Basti		1
16.	Nasya Raktamokshana		2
17.	Other Kriyakarmas - Shirodhara, Shirobasti, Agnikarma, Netratarpana etc.		6

Examination pattern –

Sr. No.	Exam Head	Allotted Marks
1.	Viva Voce	50
PRACTICAL DEMONSTRATION		
2.	Demonstration of any two Karma – Snehana, Swedana, Janu Basti, Kati basti, Hrud Basti	25
3.	Demonstration of Sansarjan recipe	25
		Total Marks – 100

Reference books -

Sr. No.	Title of the book	Author
1.	Panchakarma Illustrated	G. Srinivas Acharya
2.	Text book of clinical Panchakarma	Yadayya D.P
3.	The classical Ayurvediya Panchakarma	R.H. Singh

GRADE SYSTEM FOR ALL COURSES

Marks	Letter Grade	Grade Point
100 to 90	O : Outstanding	10
89 to 80	A + : Excellent	9
79 to 70	A : Very Good	8
69 to 60	B+ : Good	7
59 to 51	B : Average	6
50	P : Pass	5
0 to 49	Fail	0
Absent	AB : Absent	0