

Samhita Siddhanta and Sanskrit

Ayurveda

Ayurveda is the most ancient life science & medical science in the world. It has been serving the mankind since many centuries and will continue it further efficiently in the time to come. According to the basic logical principle and evidence-based philosophy of Ayurveda, each matter is composed of five basic or primordial elements, known as 'Mahaboota' and so is our body and universe.

Ayurveda, which is not just a tradition; but a continuation of scientific wisdom which promotes the complete health to the individuals. This is achieved with by ways viz. preventive (*Swasthya rakshan*) and therapeutic (*Vikar mokshana*).

Preventive Measures

- Code of daily conduct (Dincharya)
- Seasonal conduct (Rutucharya)
- Behavioral ethics (Sad vrutta)
- These help to make our body & mind strong enough to be enhanced with long lasting immunity which prevents the disease process in our body & mind.

Therapeutic Measures

- Treatment of diseased one
- Individualized approach of medication
- Panchakarma
- Diet regimen
- Counselling
- Surgical & para-surgical procedures
- Yoga

According to Ayurvedic philosophy, the health is achieved through the symbiotic metabolic activities of Dosha, Dhatu, Mala, and Agni. Disturbance in their homeostasis leads to disease process, either single or many. Ayurveda treasure of knowledge provides all possible ways to prevent health of healthy person and to treat the disease of diseased one.

We, at our college have developed well-equipped Department of Samhita Siddhanta. Our aim is to guide our bright students to learn Ayurveda through the following subject as per the guidelines and syllabus designed by Central Council of India Medicine (CCIM).

Sanskrit (Language):

As all the classical texts and basic literature i.e., Samhita of Ayurveda was written in Sanskrit. Hence it becomes essential to have the basic knowledge of Sanskrit as a language to all students of Ayurveda. It helps to read and to understand the Ayurvedic classical texts and to apply it successfully on the patients.

Ayurveda Itihas:

This subject gives the understanding about the historical aspects of Ayurveda. Right from origin of Ayurveda, developmental phases and great contributors and scientists of Ayurveda are taught under this subject. It also offers the knowledge about the present scenario regarding developments of Ayurveda e.g. periodicals, scientific journals, research work, books etc.

Padartha Vigyana:

This provides strong basic philosophy for the interpretation of Ayurveda theories through nine schools of thoughts called as Darshan Shastra. This also gives the basic understanding of strong foundation of eternal

principles which could be applied not only in the past but today and tomorrow also.

Astanga Hriday & Maulik Siddhant:

This is an ancient literature (classical text) created by eminent scientist Acharya Vagbhata in 6th century. Among its 8 sthanas 'Sutra sthana' is in the syllabus of 1st year BAMS course. It deals with 8 branches of Ayurveda viz. Kayachikitsa (General Medicine), Balachikitsa (Paediatrics), Grahachikitsa (Study of extra-human entities), Uradhavanga Chikitsa (Study of head, neck & throat), Shalayatana (Surgery), Danshtra (Toxicology), Jara Chikitsa (Anti - aging), Vrisha Chikitsa (Study of impotence & infertility).

Maulik Siddhant is recently added subject in the syllabus of Ashtang Hriday. In this subject all valuable principles mentioned in Ayurveda literature are studied. These principles area complete package of knowledge about Tantrayukti - Guna - Dosha with special reference to Aryundatta

Charak Samhita:

It is included under 2nd and 3rd year BAMS syllabus. Will be updated when applicable.