

Ayurvedic Inheritance of India - Video course

COURSE OUTLINE

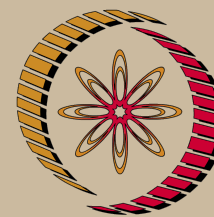
Ayurveda is widely used and millions, especially in rural India, depend on it for their health care needs. Ayurvedic colleges graduate over 20,000 physicians a year and Ayurvedic industry produces over Rs. 6000 crores worth of herbal products a year. Ayurveda has won the recognition of the WHO and the developed countries as “Complementary and Alternative Medicine”, which is taught as an Introductory course in Western medical schools.

Tracing its roots to Atharvaveda, Ayurvedic medicine was practised in Buddha's period though the term Ayurveda was not used in Vedic or Buddhist texts. Buddha's famous physician – Jivaka – was trained in Taksaśila which was then a reputed Centre for medical studies. The knowledge of the practice of medicine in Buddha's period is sketchy but there is enough to show the major shifts it made from the Vedic practice of medicine. The systematization of Ayurveda took place when the three texts known after Charaka, Suśruta and Vāgbhata were redacted in the present form from 1st to 6th centuries.

Apart from a historical introduction, the course presents a fairly comprehensive view of the basic concepts and procedures and the new trends in scientific research in Ayurveda for the students of medicine, Ayurveda, and biological and social sciences.

COURSE DETAIL

Module		Lecture titles	
01	Evolution of Ayurveda	1	Roots of Ayurveda
		2	Traditional medicine in Buddhist India
		3	Period of Systematization
02	Key Concepts	4	Philosophical Ideas in Ayurveda
		5	Human Body in Health
		6	Human Body in Disease
03	Healthy Living	7	Food and Drinks
		8	Code for Healthy Living
04	Diseases	9	Diseases



NP-TEL

NPTEL

<http://nptel.iitm.ac.in>

General

Pre-requisites:

Biology, Chemistry, Physics, Social Sciences at 10+2 level and above.

Additional Reading:

1. Caraka Samhita text with English translation (4 volumes, PV Sharma, Chaukhambha Orientalia. Varanasi 1994)
2. Suśruta Samhita: text with English translation (3 volumes, PV Sharma, Chaukhambha Visvabharati. Varanasi 2001)
3. Vagbhata's Astangahridayam: text with English translation (3 volumes, KR Srinakramurthy, Krsihanadas Academy. Varanasi, 2001)

Coordinators:

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		10	Diagnosis and Prognosis
		11	Medical Treatment
		12	Materia Medica
05	Surgical Conditions	13	Surgical Treatment
		14	Surgical Instruments
		15	Treatment of Fractures; some surgical procedures
06	Rejuvenant therapy (Rasāyana); Enhancement of Sexual potency and fertility (Vajīkarana).	16	Principles and methods of rejuvenation; enhancement of sexual potency and fertility.
07	Training of Physicians and Surgeons	17	Selection of students: oath at initiation; process of training
08	Ayurveda and Science	18	A Science Initiative in Ayurveda (ASIIA).
09	Ayurvedic Biology: Illustrative Studies	19	<ul style="list-style-type: none"> ▪ Biological effects of Amalaki Rasayana in two models: Rats : Drosophila Melanogaster. ▪ Physico-Chemical characterisation of Rasasindur.
10	Conclusion	20	An Ayurvedic view of Life

References:

1. The Legacy of Caraka. Valiathan MS, Orient Longman Pvt. Limited, India. 2003.
2. The Legacy of Suśruta, Valiathan MS, Orient Longman Pvt. Limited, India. 2007.
3. The Legacy of Vagbhata, Valiathan MS, Orient BlackSwan Private Limited, India. 2009.
4. An Introduction to Ayurveda Valiathan MS, Orient BlackSwan Private Limited, India. 2012.