



Tilak Ayurved Mahavidyalaya, Pune

Tilak Ayurved Mahavidyalaya Sanskrit Samhita Siddhant Department

Basic Principles of Ayurved Includes-

- Sanskrit
- Padarth Vigyan
- History of Ayurved
- Ashtang Hridaya
- Charak Purvardh
- Charak Uttarardh

Objectives Of Basic Principles Study:

- ✓ Building a strong foundation to study ayurvedic science.
- ✓ Get acquainted to samhitas - ancient ayurvedic texts.
- ✓ Adapt Sanskrit as a language of study.
- ✓ Clearing basic concepts to understand larger meanings.
- ✓ Acquiring skills of samhita reading and understanding.
- ✓ Knowing the evolution of ayurvedic science.
- ✓ Knowledge of ayurvedic science for clinical applications.
- ✓ Knowledge of ayurvedic science for research applications.

Study of basic principles in First Year :

1. **Sanskrit** : Ayurveda as a science is available mainly in Sanskrit. To read, write and understand the concepts, Sanskrit is a must.
2. **Padarth Vigyan**: Study of meta physics is vital part of ayurveda to understand the concept and deeper meanings.
3. **History of Ayurved**: To gain knowledge about the evolution of ayurveda.
4. **Astang Hridaya**: The most basic ancient text written in simple and easy language. To understand the fundamental principles.

Study of Basic Principles in Second Year:

Charak Purvardh consists of 5 Sthanas – Sutrasthan, Nidaan sthana, Vimaan sthana, Sharir sthana and Indriya Sthana. It consists of 66 chapter in total. It briefs about basic elements of ayurveda, preventive aspects of diseases, maintenance of good health by daily and seasonal regimen , types of drugs and the principles involved, description of various diet, introduction to diseases- types, number, etiology and symptoms, the qualities of good physician, medicine, patient, the art of history taking and examining patient, techniques of studying ayurvedic

science, community health, anatomy and physiology of body and introduction to gynae and obstetrics.

Study of Basic Principles in Third Year:

Charak Uttarardh consists of three parts – chikitsa sthana, kalpa sthana and siddhi sthana with total of 54 chapters. It mentions rejuvenating treatments to boost vitality (Rasayana), aphrodisiac (Vajikarana), etiology, signs and symptoms of various diseases, various ayurvedic formulations along with contents and method of preparation, treatment protocols and prognosis of diseases. It also explains in detail the principles of toxicology, gynecological disorders and diseases related to ENT. Collection of drugs, doses and uses have been mentioned clearly. Panchkarma therapies are explained in detail that can be applied to cure diseases and maintain health.

