



BUNDELKHAND UNIVERSITY, JHANSI

SYLLABUS FOR POSTGRADUATE COURSES (Minor -1)

(Course for the all Discipline Students)

Title of paper: Ancient Medical Sciences

Type: Elective

Total Credit: 04

Total hours: 50 L

Sr. No.	Unit No.	Syllabus Content	Hours (L/T/P)
1.	A	Introduction of Ayurveda <ul style="list-style-type: none">• Concept of swasthavritta (Hygiene and positive health).• Concept of Health, Measures to prevent disease & promote the health<ul style="list-style-type: none">✓ Seasonal regimen (Ritucharya),✓ Daily routine (dincharya),✓ Nocturnal routine (Ratricharya),• Rules of ethical and moral duties• Rules of diet, Sleep, Celibacy (Triupstambh)• Panchakarma (Internal purification)• Rasayan (Rejuvenation therapy)• Massage Therapy	15
2.	B	Introduction of Traditional Medical Therapies <ul style="list-style-type: none">• Naturopathy<ul style="list-style-type: none">✓ Concept Diagnostic method of Naturopathy✓ Traditional Naturopathic Therapies- Hydrotherapy, Mud therapy, Sun rays therapy etc.✓ Neo naturopathic therapies- Massage, magnets, Infra Red Rays etc.✓ Other related alternative therapies- Acupressure, music, Reiki etc.• Homeopathy• Acupuncture• Siddha• Unani• Yoga -Definition of Yoga, introduction, it's importance in health Relationship between Ayurveda other traditional sciences	15
3.	C	Fundamentals of Surgical (Shalya) treatment <ul style="list-style-type: none">• Ksharasutra (Alkaline thread cauterization)• Agnikarma (Cauterization),• Jalakavacharana (Leech Application) etc.	5
4.	D	Symptomatology <ul style="list-style-type: none">• Vitiation of Humours (Dosh)• Body tissues (Dhatu)• Metabolic and products/Excretra (Mala)• Body channels (Shrotas) etc.	5
5.	E	Examination of diseases <ul style="list-style-type: none">• Panchanidan (Nidana Aetiology)• Purvaroop (Prodromata),• Roopa (Symptomatology),• Upashaya, anupashaya (Therapeutic test),• Samprapti (Pathogenesis),• Trifold, Eightfold and tenfold examination of patients etc.	10

Teaching Methodology

- | | |
|------------------------------------------|------------------------------|
| (1) Class Room Lectures | (2) Powerpoint presentations |
| (3) Class seminars, Quizzes, assignments | (4) Demonstrations, etc. |

Evaluation Criteria:

- (1) MCQ based Internal Assessments
- (2) Group Discussion, Class Seminars
- (2) MCQ/Objective type question-based final assessment or as decided by the University.