

MAHATMA GANDHI UNIVERSITY

RESTRUCTURED SYLLABUS

M.A. PROGRAMME : SANSKRIT (SPECIAL) VYAKARANA

Credit – 4

Semester I

No. of contact Hrs. – 90

Course 5. Open elective : **Ayurveda & Hygiene**

Selected portions from The Ashtangahridaya – Sutrasthana.

Aims: Ayurveda differs from other medical systems as it enables one to maintain health without creating any side effect during the use of its medicine. Ayurveda prescribes medicines not only for persons having illness, but for healthy, with the purpose of keeping good health, which is another characteristic feature of it. So to attain a basic knowledge in Ayurveda, first four chapters from the first part of The Ashtangahridaya is prescribed here.

Essential reading: The Ashtangahridaya – Sutrasthana.

Module I प्रथमोऽध्यायः – आयुष्कामीयम् ।

Module II द्वितीयोऽध्यायः – दिनचर्या ।

Module III तृतीयोऽध्यायः – ऋतुचर्या ।

Module IV चतुर्थोऽध्यायः – रोगानुत्पादनीयम् ।

Additional reading: The Ashtangasangraha . Above mentioned portions only.
