

SAMHITA AND SIDDHANTA

6-DAY CME FOR TEACHER – PROPOSED MODULE

Unit No	Topic	Course Contents	Time duration
1.	Samanya-Vishesha Siddhanta in clinical parlance	Utility and clinical interpretation of Shad Padartha in Ayurveda. Clinical application of Samanya-Vishesha Siddhanta. Group activities - Students clinical proforma preparation	1 hr 30 min
2.	Karyakaranavada (cause and effect theory) of Ayurveda and its application	Introduction to various theories (Vada) of Ayurveda (Vividha Vada), Different theories regarding the relationship of cause and effect like Satkaryavada and Asatkarya Vada etc., Ayurvedic approach of cause effect theories, Utility and applicability of cause effect theory in clinical practice and research.	1 hr 30 min
3.	Fundamentals of Guna and applicability	Characteristics and types of Guna, Guna for clinical practice (ChikitsopayogiGuna). Clinical application and significance of Guna Siddhanta in Research. Understanding Prakruti samasamavaya and vikruthivishama samavaya from the purview of Guna Siddhanta Individual Activity- Mobile app-based activities by introducing specific qualities.	3 hrs
4.	Introduction to various philosophies & Ayurveda as Darshana	Introduction to various schools of Darshana, their basic principles, objectives and utility. Brief outline of basic principles of Ayurveda, Relation of principles of Ayurveda with other schools of Philosophy. Philosophical facet of Ayurveda, its rationale and role of philosophy in the development of Ayurveda Need of alteration to incorporate in modern day scenario of Ayurveda	3 hrs
5.	Paramanuvada & Swabhavoparamavada	Applicability of Paramanuvada and Swabhavoparamavada in understanding Ayurveda principles with their clinical significance.	1hr 30 min

		Difference in opinions or ideology with various Darshana and Ayurveda Samhita.	
6.	Koshta – Agni -Srotas - Doshagati – Rogamarga	Assessment of Koshta and Agni clinically. Differential analysis of Koshta in Vyadhyavasthas. Difference between Srotodushti & Khavaigunya in clinical purview Application of Dosha gati and Roga marga in clinical purview	1 hr 30 min
7.	Tantrayukti –Tools for text comprehension	Need & Scope to study Tantrayukti (Tantrayukti as the methodology and technique to understand treatise critically), Practical understanding of Tantrayukti in Samhitas, Scope of Tantrayukti in scientific writing and contemporary texts. Activity: Identification of suitable Tantrayukti applied in different context of Samhitas.	3 hrs
8.	Understanding the concept of Pramana/Pareeksha	Brief introduction to various Pramana/Pareeksha, Importance of individual Pramana in research, clinical, teaching and learning practice. Introduction to other types of Pareekshaeg.DashavidhaPareeksha, TrividhaPareeksha, Shadvidha Pareeksha, Dwadasha Pareeksha with practical demonstration by utilizing suitable tools Activity: Application of various Pramana	4 hrs 30 min
9.	Understanding of Arthashraya, Kalpana, Tachchhilya, Vadamarga : some other tools of text learning	Utility and significance of Vadamarga in understanding Ayurvedic classics, Definitions, need and scope of Arthashraya, Kalpana, Tachchilya with description as per different Acharyas,Practical understanding of	1 hr 30 min

		<p>these tools for learning and their scope in scientific writing</p> <p>Activity: Identification of suitable Arthashraya, Kalpana, Tachchilya applied in different context of Samhitas.</p>	
10.	Atma	<p>Understanding Atma in clinical facet.</p> <p>Views of allied texts on concepts of Atma.</p> <p>Significance of Atma in various contexts from Samhitas.</p>	1 hr 30 min
11.	Concept of Mana	<p>Concept of Mana, Exploring the concept of Mano Swasthya of Ayurveda. Discussing views of allied texts on concepts of Mana</p> <p>Clinical aspects of RagadiManasika bhavas</p> <p>Activity-questionnaire to assess the Prasanna AtmaIndriya and Mana</p>	1 hr 30 min
12.	Panchabhautika Chikitsa Siddhanta	<p>Concept of Panchamahabhuta and its practical applicability in Chikitsa. Evolution of Mahabhutas, Panchikarana and Bhutanupravesha theory.</p> <p>Activity- Field visit-appreciation of qualities minimum in 10 materials</p>	1 hr 30 min
13.	Ayurveda as a research manual in the background of Siddhanta	<p>Descriptive study of Siddhanta, its types & application with suitable examples.</p> <p>Discussion on the potential implementation of Siddhanta in modern research methodology.</p> <p>The importance of Ayurvedic principles in the research aspect of current scenario with its need of alteration and up-gradation as per the contemporary research field.</p> <p>Group activity- Identification of minimum 10 example in each Samhita and illustration and identification of Ayurveda research as a manual and its utility with good research article.</p>	1 hr 30 min

14.	Tridosha Siddhanta	<p>Concept of Dosha, Inter-relation of Dosha with Dhatu and Mala, understanding Dosha on physiological and pathological grounds.</p> <p>Activity- Model preparation and identification as well discussion on Prakruta and Vikruta Karma along with variability found in clinical practice</p>	1 hr 30 min
15.	Loka Purusha Samya Siddanta & Srushtiutpatti (theory of evolution as per Ayurveda)	<p>Loka and Purusha parallels and non-parallels, comparative utility in understanding human physiology with proper logical interpretation.</p> <p>Theory of evolution according to different schools of thoughts.</p>	1 hr 30 min
16.	Daivavyapashraya and Satwavajaya Chikitsa	<p>Applicability of Daivavyapashraya and SatwavajayaChikitsa from samhitas to clinical practice.</p> <p>Activity-Clinical experiences of Daivavyapashraya and SatwavajayaChikitsa on different clinical conditions.</p>	1hr 30min
17.	Shareerika and Manasika Prakruti: The concept of body constitution	<p>Prakruti formation types, utility & significance of Prakruti in clinical practice.</p> <p>Activity- Practical training of assessment of Prakruti by using standard protocol</p>	1 hr 30 min
18.	Concept of Vyadhi Bhodaka Bhava	<p>Scientific understanding of the concept of Nidanapanchaka, Discussion on Samprapti, chikitsasutra, and Upashaya of various diseases mentioned in the text.</p> <p>Significance of NidanaParivarjanaChikitsa, Amshamsha Kalpana, doshavikalpa, observed in clinical exposures, basic management of Vikara.</p> <p>Group activity – Discussion on Samprapti</p>	3 hrs

		and Chikitsa of various diseases	
19.	Diet and life style guidelines & Concept of Nidra	Pathya-Apathya according to Ayurveda. Concept of ideal diet suitable for current scenario, life style & diet modification in disease and healthy individual. Physiology of sleep as per Ayurveda. Concept of Nidra in clinical parlance	1 hr 30 min
20.	Janapadodwamsa Vyadhi	Concept of pandemic/epidemics in Ayurveda and its management, communicable diseases with specific management. Concept of Niyata and Aniyata Ayu, Analysis of Dharma and Adharma in present time scenario.	1 hr 30 min
21.	Kala: Clinical view point	Understanding the concept of Kala through Samhita, its Utility and significance in vyadhi avasthas.	1 hr 30 min
22.	Methodology adopted in narration of major treatise of Ayurveda	Beeja Chatushtaya, Trisutra Ayurveda, Chatushka methodology, Sankhya vishesha, Shilochavrutti, Tantra Dosha and Shastra Guna, Nyaya (Maxims): Concept of Nyaya, its perception and application to understand the classical principles. Samhita based activity- identification	3 hrs
23.	Exploration of Upakrama (Therapeutic modalities of Ayurveda)	Types of treatment modalities eg. Santarpana and Apatarpana Chikitsa, Shad Vidhaupakrama, Antarparimarjana and Bahiparimarjana Chikitsa etc. Descriptive and clinical interpretation, Limitation and utility, indication and contraindication of procedures with examples.	1 hr 30 min

		Bheshaja Chatushka.	
24.	Beshaja Sevana Kala and Anupana	Understanding of unique approach of Ayurveda about drug administration time and its significance with the help of clinical illustrations. Activity- Clinical experienced based activity	1 hr 30 min
25.	Ethical practices mentioned in Ayurveda	Moral importance and gesture supposed to be executed, Shishtachara Vidhi, Achara Rasayana, Sadvrutta	1 hr 30 min
26.	Arishtavijnana: A unique way of prognosis	Scientific reasoning of Arishta Lakshana. Prognosis of diseases, selection criteria for treatment, assessment of curable and non curable diseases Activity- Discussion on ideas regarding exploration and practical application of the subject in practice	1 hr 30 min
27.	Naishtiki Chikitsa	Concept of Apunarbhava, Descriptive and analytical view on Naishtikichikitsa., Ashtaishwarya, Moksha, Upadha, Nivrutti, Satyabuddhi etc philosophical aspect considered by Ayurveda Acharya	1 hr 30 min
28.	Vyadhikshamatva	In depth study of Ayurveda concept of immunity in reference to Bala, Oja and other relevant parameters, its role in health maintenance and generalized measures to enhance immunity. Activity- Mechanism of similar quality drugs identification and discussion	1 hr 30 min

29.	Manuscriptology & Commentaries of major Ayurveda Compendiums	<p>Definition and scope, identification of potential sources, Collection, Conservation, Cataloguing. Data mining techniques, searching methods for new literature; exploration of new concepts in the available literature. Methods for searching internal and external evidences about authors, concepts and development of particular body of knowledge.</p> <p>Activity- Hands on training- for 3 hours. Specific contribution, method and uniqueness of available commentaries of Bruhatrayee.</p> <p>Activity– Identification of methodology adopted in commentaries, hands-on training.</p>	4hr 30 min
Binary assessment (Pre and Post training)		Feedback form and Assessment criteria proforma is appreciated from participants before and after each session,	

Note-

1. The activities mentioned above are few examples (not limited to the above activity), extension of activity may be undertaken based on preference of the experts.
2. The activities of each topic will be particularly planned by the experts.
3. Five questions minimum is collected from the experts and a common questionnaire is prepared for the pre and post-assessment
4. Feedback will be received at the end of the day session.
5. Study materials and PPT should be submitted to the committee fifteen days prior to the programme.
6. The Presentation should be appropriate to the topic and time duration.