

Amrita IKS Centre for Ayurveda, Vyakarana And Darshana

COURSE TITLE

AROGYASAMSKRITI – HEALTH CULTURE OF BHARAT

Focus Area/Subject Area: Health information in non Ayurvedic Sanskrit Literature/Health

Credits: 4

Eligibility: Completed School Education, +2e

Details of the Instructor:

1. Dr. Rammanohar P, Research Director, Amrita School of Ayurveda
2. Dr. Sushma NS, Research Officer, Amrita School of Ayurveda
3. Dr. Shyamasundaran K, Research Officer, Amrita School of Ayurveda
4. Dr. Devi Muraleedharan, Asst. Professor, Amrita School of Ayurveda

Course Objective:

1. To introduce ancient India as an Arogyasamskriti or Health Culture to the participants.
2. To familiarise participants with health information codified in non-Ayurvedic Sanskrit literature
3. To nurture health intelligence (Arogyabuddhi) in the participants in alignment with the Sustainable Development Goal 3 – ensuring healthy lives and promoting well-being for all.

Learning Outcome:

1. Participants will get exposed to health information classified into subject headings and sub-headings corroborating with modern medical knowledge.
2. Participants will understand India as a health culture and rooted in awareness of health.
3. Participants will become aware of behavioural changes that can be incorporated in their lives to nurture health and well being.

SYLLABUS

Unit 1. Classification of Sanskrit Literature

Unit 2. Overview of health information in non-Ayurvedic Sanskrit literature

Unit 3. Examples of non-Ayurvedic Sanskrit texts with health information

Unit 4. Health topics in non-Ayurvedic Sanskrit Literature.

Unit 5. The concept of Arogyasamskriti

Unit 6. The concept of Arogyabuddhi

Unit 7. Healthy Diet

Unit 8. Healthy Life Style – Sleep, Daily Routine, Exercise, Meditation

Unit 9. Mental Health

Unit 10. Environmental Health

Unit 11. Good conduct for well being.

References:

- 1. Vaidyakiya Subhashitam by Bhaskara Govinda Ghanekar*
- 2. History of Indian Medical Literature by Meulenbeld*