

Centre for Indian Knowledge Systems, Chanakya University

**COURSE TITLE: INDIAN PERSPECTIVES ON HEALTH AND LIFESTYLE
MANAGEMENT**

Focus Area/Subject Area: Ayurveda and Healthcare

Credits: 2

Eligibility: UG

Details of the Instructor:

Dr. Vinayak Rajat Bhat (Associate Professor, Centre for Indian Knowledge Systems, Chanakya University)

Course Objective:

1. To develop the ability in students to identify, critically analyse and appreciate various Indian Health theories and philosophies and manage the life of an individual and the society.
2. To develop the ability to independently initiate and propose improvements with respect to aspects of food consumption, culture, social, psychology, environment and economy.
3. To develop the working ability based on the physiological and clinical picture, investigate, propose, monitor and document the proper diet and nutrition therapy for preventive health care based on research and proven experience.
4. Students will be able to create good relationships with fellow human beings and to understand the mechanisms that influence our behaviour and our desire for change

Learning Outcome:

1. Students will understand the basic knowledge of Ayurveda and its significance on preventive measures on routine living
2. Students identify the difference between daily and seasonal practices on food and living
3. Students will develop an ability to critically analyse, evaluate and use relevant information and discuss new facts and its contribution to the development of living.
4. Students can demonstrate the ability to plan and manage the nutritional needs of different groups in society and the ability to educate and inform about diet and health. Students will be able to identify the professional approach and importance of upgrading their skills in this field

SYLLABUS

1. Explaining course outline
2. Need of Health
3. Introduction to Ayurveda
4. Philosophy of Ayurveda
5. Definition of Health
6. Tridosha Theory
7. Seven Dhatus (Tissues)
8. Introduction to Yoga
9. Dinacharya (Daily Regimen)
10. Ritucharyā (Seasonal Regimen)
11. Science of Habits
12. Food intake methods
13. Food intake methods
14. Introduction to Siddha Medicine
15. Introduction to Homoeopathy
16. Science of habits
17. Home remedies

References/ Learning Resources:

1. Valiathan M.S. (2015). "The Legacy of Caraka", University Press (India) Private Limited, Hyderabad. ISBN: 978 81 7371 667 6
2. Valiathan M.S. (2015). "The Legacy of Susruta", University Press (India) Private Limited, Hyderabad.
3. Valiathan M.S. (2015). "The Legacy of Vagbhata", University Press (India) Private Limited, Hyderabad.
4. Wujastyk Dominik (2001). "The Roots of Ayurveda", Penguin classics, Haryana, India. ISBN: 9780140436808.
5. Jayesh Thakker, S. Chaudhari, Prasanta S Sarkar (2011). "Ritucharya: Answers to the lifestyle disorders", An International Quarterly Journal of Research in Ayurveda, Official publication of Institute for Post Graduate Teaching & Research in Ayurveda, Jamnagar, Oct-Dec; 32(4): pp 466–471. doi: 10.4103/0974-8520.96117 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3361919/#ref5>