

Centre for Indian Knowledge Systems, Chanakya University

COURSE TITLE: INDRIYAS AND HOLISTIC HEALTH

Focus Area/Subject Area: Indriyas and Holistic Health

Credits: 3

Eligibility: UG

Details of the Instructor:

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

Course Objective:

1. To examine the intricate relationship between the five senses, mind, intellect, and soul in shaping perception.
2. To investigate the impact of sensory use on overall health and explore principles for holistic well-being.
3. To understand the qualities of the mind, the influence of triguna, and illusions created by the mind.
4. To implement ethical observances, moral practices, and guidelines to prevent psychosomatic disturbances and promote personal and social well-being.

Learning Outcome:

After the completion of this course the student will be able to:

1. Gain a comprehensive understanding of the complex interactions between the five senses, mind, intellect, and soul, enhancing their awareness of the factors shaping human perception.
2. Acquire knowledge of the direct impact of sensory experiences on overall health, and will be equipped with principles for promoting holistic well-being in their personal and social lives.
3. Develop an understanding of the qualities of the mind, recognize the influence of triguna, and be able to critically evaluate and address illusions created by the mind.
4. Apply ethical observances, incorporate moral practices, and implement guidelines to proactively prevent psychosomatic disturbances, contributing to the fostering of personal and social well-being.

SYLLABUS

1. Introduction to the course
2. Introduction to Ayurveda
3. Philosophy of Ayurveda
4. Overview of the text Caraka Samhita
5. Group Discussion, Indriyas, Manas (Mind)
6. Concept of Triguna, SadvRtta (Code of Conduct)
7. Epidemics
8. Pollution
9. Student Presentation.

References/ Learning Resources:

1. Dr. P.V. Tiwari (2018). "Caraka Samhitā" Chaukhambha Vishvabharati, Varanasi.
2. G.G. Gangadharan (2009). "Kṣemakutūhalaṃ composed by Kṣemaśarmā", Foundation of Revitalisation of Local Health Traditions (FRLHT), Bangalore. Chapter 1 – 2, Page numbers 35-37,41-55,61-74,77-102
3. B. Mahadevan, Vinayak Rajat Bhat, and R.N. Nagendra Pavana, Introduction to Indian Knowledge System: Concepts and Applications, PHI Learning Private Limited, New Delhi, 2022