

COURSE TITLE:

**BHARATIYA KNOWLEDGE SYSTEM: WELLNESS, HEALTH AND CONSERVATION OF
NATURAL RESOURCES USED IN INDIAN MEDICINE**

Focus Area/Subject Area: Wellness through Indian medicine, Concepts of Ayurveda, resources and conservation of Indian traditional medicine

Credits: 2

Eligibility: UG Degree with Science Background (Preferably Botany)

Details of the Instructors:

1. Dr. Subrahmanya Kuamr, Associate Professor, TDU
2. Dr. Noorunnisa: Associate Professor, TDU
3. Dr. Sanket Sharma: Assistant Professor, TDU

Course Objectives:

1. To understand the concept of **Traditional knowledge and its importance.**
2. To be aware of the conventional framework of **Indian Medical System.**
3. To comprehend the **therapeutic specialties of Ayurveda.**
4. To familiarize the **conservation strategies of medicinal plants.**

Learning Outcome:

After completing this course, the students will be able to:

- i. explain the scope and importance of traditional knowledge system of India
- ii. paraphrase the framework of Indian Medical System
- iii. understand the therapeutic approaches in Ayurveda
- iv. comprehend conservation strategies of medicinal plants.

SYLLABUS

Module 1: Knowledge framework and history of Indian Medical System

Indian Medical Systems – Ayurveda, Unani, Siddha and Sowa Rigpa; Codified and non-codified medical knowledge in India; History of Development of Ayurveda in India& Ayurveda literature; Five element theory–Panchamahabutasiddhanta.

Module 2: Fundamental concepts of Ayurveda

Introduction to Ayurveda, Ashtanga Ayurveda (eight therapeutic specialties of Ayurveda); Three Doshas (Vata, Pitta and Kapha) the humors or body energies; Seven Dhatus, body issues, three major excretory functions and their importance; Prakriti: Body-mind types and

its implication in healthcare; Three psychological states of mind (Gunas)Agni- Digestion and metabolism; The daily and seasonal regimen (dinacharya and ritucharya) based on Ayurveda principles.

Module 3: History and Present Botany in India

Introduction to the Plant Taxonomy; diversity of the plants in the country; Major forest types of the India; Overview of important vegetation types across India; Conventional botany with its current multidisciplinary application; Important Botanist, their research and contribution for the society.

Module 4: Usage and Conservation of Medicinal Plants, Sacred groves

Medicinal plant wealth of India; Plants used in wellness; Spices in daily use; Wild edible plants; Plants used in wellness in current life style pattern; Threatened medicinal plants of India –threats to medicinal plant biodiversity; Conservation of medicinal plants - in situ and ex-situ; Case studies; Sacred grove and their role in conservation; case study of the traditional understanding and protection of Sacred groves (Case study).

References/ Learning Resources:

1. Sastry K (ed.) Charaka Samhita-Hindi translation, part-1&2, Chowkhamba Orientalia Varanasi.
2. Sharma PV. History of medicine in India, Chowkhamba Orientalia Varanasi.
3. Vagbhata, Astanga Hrdayam-English by Prof. K.R. Srikantha Murthy, Prathama Khanda, Chowkhambakrishnadas academy, Varanasi; 2018.
4. Ved, D. K., S. Noorunnisa Begum and K. Ravikumar. Trade in Indian Medicinal Acharya Sushruta, Sushruta Samhita-Hindi by Dr.Anantaram Sharma, part-1; Acharya Priyavrita Sharma, Dravyaguna-Vijanana– Hindi, part-1, Chowkhamba bharti academy, Varanasi; 2020.
5. Goraya, G.S. & Ved, D.K. 2017. Medicinal Plants in India: An Assessment of their Demand and Supply. National medicinal Plants Board, Ministry of AYUSH, Government of India, New Delhi and Indian Council of Forestry Research Education, Dehradun.
6. Rajasekharan, P.E., Shabir Hussain Wani (Eds.). 2020. Conservation and Utilization of Threatened, Medicinal Plants, Springer International Publishing.
7. Sastry JLN, 2005. Dravyaguna Vijnana, Vol-I, Chaukhambha Orientalia, Varanasi.
8. Sastry JLN, 2005. Dravyaguna Vijnana, Vol-II, Chaukhambha Orientalia, Varanasi.
9. Peninsular India. Pullaiah, T., K.V. Krishnamurthy and Bir Bahadur (eds.) 2017. Apple Academic Press, Oakville, Canada and Waretown, NJ. ISBN 978-1-77188-404-4.
10. Plants in Ethnobotany of India. Vol. 5. The Indo-Gangetic Region and Central India. Pullaiah, T., K.V. Krishnamurthy and Bir Bahadur (eds.) 2017. Apple Academic Press, Oakville, Canada, and Waretown, NJ. ISBN 978-1-77188-599-7.