

(Affiliated To MGGAU)

JOURNAL CUM ACTIVITY BOOK OF AYURVEDAACHARYA (B.A.M.S.)

AS PER MSE-UG 2023 & NCISM GUIDELINE

FIRST PROFESSIONAL- B.A.M.S.

BATCH – 2023

PADARTHA VIGYAN

(FUNDAMENAL PRINCIPLES OF AYURVEDA

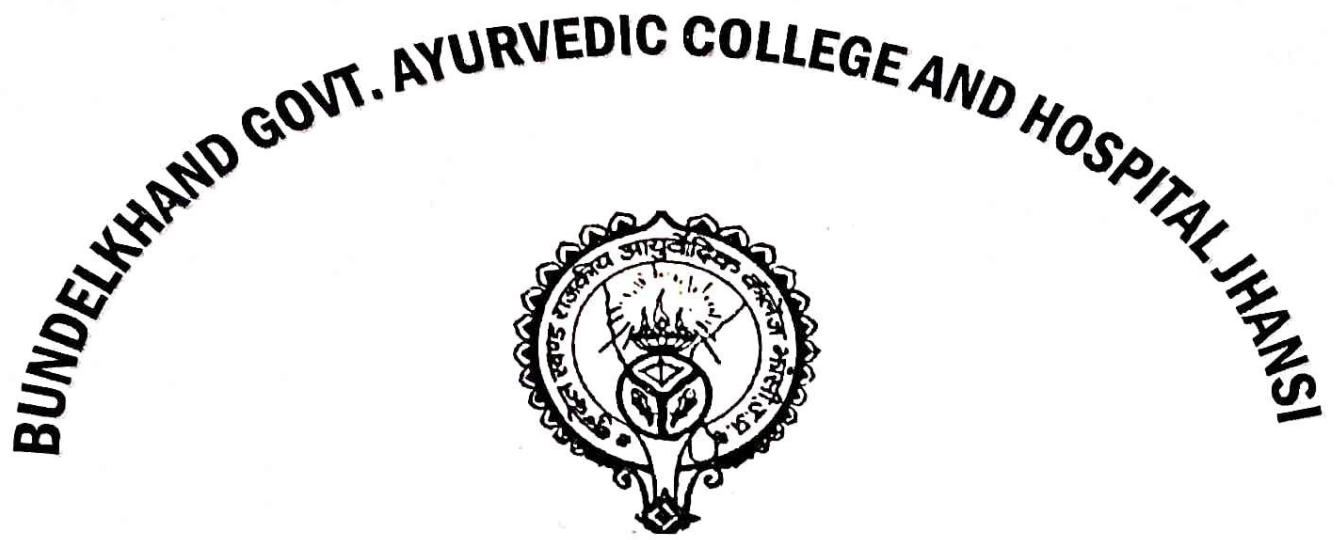
AND QUANTUM MECHANICS)

(SUBJECT CODE: AyUG-PV)

Name of the student : _____

Name of the college : _____

Academic Year : _____



(Affiliated To MGGAU)

CERTIFICATE

This to certify that following Practical Journal cum Activity Book of
Padartha Vigyan embodies the outcome of the original practical performed by

Mr./Miss./Mrs.

Of 1st professional **B.A.M.S.** student having

These Practical / Non-Lecture Activities have been carried out as a part of
prescribed syllabus of 1st Prof. BAMS course by NCISM

All above practical are done under the supervision of me/us.

Signature Faculty

Signature of Head

Dept. of Samhita

Siddhant & Sanskrit

**JOURNAL CUM ACTIVITY BOOK OF
PADARTHA VIGYAN**

**(FUNDAMENTAL PRINCIPLES OF AYURVEDA
AND QUANTUM MECHANICS)**

(SUBJECT CODE : AyUG-PV)

Journal Cum Activity Book

**DEPARTMENT OF
SAMHITA SANSKRIT & SIDDHANT**

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TERM I

Department of Samhita Siddhanta

Bundelkhand Govt. Ayurvedic College And Hospital Jhansi

Practical No. : **01**
Name of the practical : Ayurveda Nirupana
Reference :

Date of starting:
Date of completion:

Task:

Conduct a survey of any five persons about their views and believes about Ayurveda and write your own opinion on it.

1. Opinion given by: (Name): _____ Age: _____ Education: _____

What is Ayurveda? (Opinion):
.....
.....
.....

Your opinion on it:
.....
.....
2. Opinion given by: (Name): _____ Age: _____ Education: _____

What is Ayurveda? (Opinion):
.....
.....
.....

Your opinion on it:
.....
.....
3. Opinion given by: (Name): _____ Age: _____ Education: _____

What is Ayurveda? (Opinion):
.....

Your opinion on it:

4. Opinion given by: (Name): Age: Education:

What is Ayurveda? (Opinion):

Your opinion on it:

5. Opinion given by: (Name): _____ Age: _____ Education: _____

What is Ayurveda? (Opinion):

Your opinion on it:

- **Conclusion** (Over all your opinion on Ayurveda):

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Practical No. : **02**

Date of starting:

Name of the practical : Darshana and Padartha

Date of completion:

Reference :

Darshana (School of philosophy)

Task -1: Find and write the names of different philosophies.

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....
6.
.....

Discussion:

What is meant by Philosophy, Darshana, Spirituality, Religion? Are they same or different?

Task-2: Write the appropriate reasons for the specified subjects in table.

Sr.	Name of Subjects	Is it Darshana?	Reasons
1	Physics		
2	Charvak Darshana		
3	Ideology		
4	Spirituality		
5	Religion		

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Practical No. : **03 of 1**
 Name of the practical : Four types of Ayu
 Reference :

Date of starting:
 Date of completion:

Task: Identification of characters of Hitayu and Sukhayu in Healthy individuals

Name of the Person:

Age:

Assessment Grade
0 – Not having that particular quality
1 – Mild
2 – Moderate
3 – Strong

	Characteristics of Sukhayu	0 to 3	Characteristics of Hitayu	0 to 3
1	शारीरमानसाभ्यां रोगाभ्यामनभिद्रुतस्य Free from physical and mental ailments		हितैषिणः पुनर्भूतानां Those who is the well-wishers of all creatures	
2	विशेषेण यौवनवतः Endowed with youth		परस्वादुपरतस्य who does not desire the possession of others	
3	समर्थानुगतबलवीर्यशःपौरुषपराक्रमस्य Having enthusiasm, strength, virility, reputation, manliness, courage		सत्यवादिनः who is truthful	
4	ज्ञानविज्ञानेन्द्रियेन्द्रियार्थबलसमुदये वर्तमानस्य Having complete knowledge and understanding, healthy senses, sense objects		शमपरस्य peace loving	
5	परमर्द्धिरुचिरविविधोपभोगस्य Having immense wealth and various luxurious articles for enjoyment		परीक्ष्यकारिणो Taking steps after examining the situation	
6	समृद्धसर्वारम्भस्य Has achieved desired results of all actions		अप्रमत्तस्य Free from carelessness	
7	यथेष्टविचारिणः Moves about anywhere he likes		त्रिवर्गपरस्परैणानुपहतमुपसेवमानस्य who experiences the three important objectives of life (righteousness, wealth and enjoyment) without their mutual conflict	

8		पूजार्हसम्पूजकस्य who respects worthy persons	
9		ज्ञानविज्ञानोपशमशीलस्य who is devoted to knowledge, understanding and serenity of mind	
10		वृद्धोपसेविनः who serves the elders	
11		सुनियतरागरोषेर्ष्यामदमानवेगस्य who has full control over lust, anger, envy, arrogance and pride	
12		सततविविधप्रदानपरस्य who constantly indulge in various types of charity	
13		तपोज्ञानप्रशमनित्यस्य Constantly devoted to penance, knowledge and quiet life (solitude)	
14		अध्यात्मविदस्तत्परस्य who have full spiritual knowledge and are devoted to it	
15		लोकमिमंचामुंचावेक्षमाणस्य who work for the present as well as for the next life	
16		स्मृतिमतिमतो Who is endowed with memory and intelligence	
Total			

Conclusion:

Sukhayu: Total score: 12 – 21

Hitayu: Total score: 35 – 48

Asukhayu: Total score: Less than or equal to 6

Ahitayu: Total score: Less than or equal to 12

Partial Sukhayu: Total score: In between 7 – 11

Partial Hitayu: Total score: In between 13 - 34

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Bundelkhand Govt. Ayurvedic College And Hospital Jhansi

Practical No. : 03 of 2
Name of the practical : Four types of Ayu
Reference :

Date of starting:
Date of completion:

Task: Identification of characters of Hitayu and Sukhayu in Healthy individuals

Name of the Person:

Age:

Assessment Grade
0 – Not having that particular quality
1 – Mild
2 – Moderate
3 – Strong

	Characteristics of Sukhayu	0 to 3	Characteristics of Hitayu	0 to 3
1	शारीरमानसाभ्यां रोगाभ्यामनभिद्रुतस्य Free from physical and mental ailments		हितैषिणः पुनर्भूतानां Those who is the well-wishers of all creatures	
2	विशेषेण यौवनवतः Endowed with youth		परस्वादुपरतस्य who does not desire the possession of others	
3	समर्थानुगतबलवीर्यशःपौरुषपराक्रमस्य Having enthusiasm, strength, virility, reputation, manliness, courage		सत्यवादिनः who is truthful	
4	ज्ञानविज्ञानेन्द्रियेन्द्रियार्थबलसमुदये वर्तमानस्य Having complete knowledge and understanding, healthy senses, sense objects		शमपरस्य peace loving	
5	परमर्द्धिरुचिरविविधोपभोगस्य Having immense wealth and various luxurious articles for enjoyment		परीक्ष्यकारिणो Taking steps after examining the situation	
6	समृद्धसर्वारम्भस्य Has achieved desired results of all actions		अप्रमत्तस्य Free from carelessness	
7	यथेष्टविचारिणः Moves about anywhere he likes		त्रिवर्गपरस्परैणानुपहतमुपसेवमानस्य who experiences the three important objectives of life (righteousness, wealth and enjoyment) without their mutual conflict	

8		पूजार्हसम्पूजकस्य who respects worthy persons	
9		ज्ञानविज्ञानोपशमशीलस्य who is devoted to knowledge, understanding and serenity of mind	
10		वृद्धोपसेविनः who serves the elders	
11		सुनियतरागरोषेर्ष्यामदमानवेगस्य who has full control over lust, anger, envy, arrogance and pride	
12		सततं विविधप्रदानपरस्य who constantly indulge in various types of charity	
13		तपोज्ञानप्रशमनित्यस्य Constantly devoted to penance, knowledge and quiet life (solitude)	
14		अध्यात्मविदस्तत्परस्य who have full spiritual knowledge and are devoted to it	
15		लोकमिमंचामुंचावेक्षमाणस्य who work for the present as well as for the next life	
16		स्मृतिमतिमतो Who is endowed with memory and intelligence	
Total			

Conclusion:

Sukhayu: Total score: 12 – 21

Hitayu: Total score: 35 – 48

Asukhayu: Total score: Less than or equal to 6

Ahitayu: Total score: Less than or equal to 12

Partial Sukhayu: Total score: In between 7 – 11

Partial Hitayu: Total score: In between 13 - 34

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Practical No. : **04**
Name of the practical : Dravya
Reference :

Date of starting:
Date of completion:

Task:

Make a list of any ten dravyas available around you and identify their Gunas and Karmas.

1. Name of the Dravya:

Guna:

Karma:

2. Name of the Dravya:

Guna:

Karma:

3. Name of the Dravya:

Guna:

Karma:

4. Name of the Dravya:

Guna:

Karma:

5. Name of the Dravya:

Guna:

Karma:

6. Name of the Dravya:

Guna:

Karma:

7. Name of the Dravya:

Guna:

Karma:

8. Name of the Dravya:

Guna:

Karma:

9. Name of the Dravya:

Guna:

Karma:

10. Name of the Dravya:

Guna:

Karma:

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Practical No. : 05

Date of starting:

Name of the practical : Identification of penta-elemental nature of dravya

Reference :

Task: Demonstrate the Pancha mahabhuta in any five Ahara dravya and five Sharira dravya/

Avayava (E.g.-Cell, Blood, Vata, Pitta, Kapha etc).

Sr. No.	Name of Ahara Dravya	Gunas	Karmas	Dominant Mahabhuta
E.g.	Milk	Guru, Manda, Snigdha etc	Rasa, Meda, Kapha, Shukra vridhhi	Jala
1.				
2.				
3.				
4.				
5.				

Sr. No.	Name of Sharira Dravya	Gunas	Karmas	Dominant Mahabhuta
E.g.	Pitta	Ushna, Tikshna, Drava, Laghu	Digestion of food, Maintain body temperature etc	Jala, Agni
1.				
2.				
3.				
4.				
5.				

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Practical No. : 06

Name of the practical :

Reference :

Date of starting:

Date of completion:

Task: Write any ten Aushadhi Dravyas and categorize them by dominance of Mahabhutas.

N.B. – Use kitchen or common medicines like Ginger, Salt and Turmeric etc in this practical.

Sr. No.	Name of Aushadhi dravya	Qualities available in it	Action of that dravya on body	Dominant Mahabhuta
E.g.	Black pepper	Ruksha, Ushna, Tikshna, Vishada, Laghu etc	Agni dipana, Kapha - Vata Shamana	Agni Mahabhuta
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

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Practical No. : 07

Date of starting:

Name of the practical : Determination of Disha

Date of completion:

Reference :

Task: Identify the directions and enlist the contents available in each direction in your campus.

Make a list of the visionary things by keeping your face in front of your college building gate.

Directions	Objects available in that direction (E.g. Principle office, 1 st year class room, Library, Herbal garden, Pharmacy, Play ground, Canteen etc)
1. Prachi /East:	
2. Pratichi /West:	
3. Udichi/North:	
4. Avachi/South:	
5. Ishana/North-East:	
6. Vayavya/North-West:	
7. Ajneya/South-East:	
8. Nairitya/South-West:	
9. Urdhwa/Upward:	
10. Adho/Downward:	

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Bundelkhand Govt. Ayurvedic College And Hospital Jhansi

Practical No. : 08
Name of the practical : Conceptualize time
Reference :

Date of starting:
Date of completion:

Task 1: Conduct a survey of minimum 10 persons and find out the different diseases related to different age group.

Sr. No.	Age group	Complaints/diseases
1.	Balyavastha (Up to 16 years)	
2.	Yuvavastha (Up to 60 years)	
3.	Vriddhavastha (Greater than 60 years)	

Task 2: Write down minimum 10 points indicating the effect of Kala on human body.

Sr. No.	Timing	Effect on body
E.g.	10-14 years of age in a girl	Starting of Menarche
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Kala	Acc. to Age	Acc. to Day	Acc. to Night	Acc. to Diet	Acc. to Season
Vata prakopa					
Pitta prakopa					
Kapha prakopa					

Early Clinical Exposure (ECE):**TaskTask:**

Visit the Paediatrics, Geriatrics and Kayachikitsa (General medicine) OPD of your hospital. Find out the diseases common for different age groups.

Balyavastha/ Yuvavastha/ Vriddhavastha.

Sr. No.	Paediatrics OPD case number	Name of patient	Age	Diagnosis of the Disease	Remarks
1.					
2.					
3.					
4.					
5.					

Sr. No.	Geriatrics OPD case number	Name of patient	Age	Diagnosis of the Disease	Remarks
1.					
2.					
3.					
4.					
5.					

Sr. No.	Kayachikitsa OPD case number	Name of patient	Age	Diagnosis of the Disease	Remarks
1.					
2.					
3.					
4.					
5.					

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TERM II

Department of Samhita Siddhanta

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Practical No. : 09
Name of the practical : Guna
Reference :

Date of starting:
Date of completion:

(1) SARTHA GUNAS:

Task - 1: Find out the names of different therapies based on Sartha Gunas.

Sr. No.	Sartha Guna	Name of therapy based on it	Introduction in brief
E.g .	Shabda	Music/Mantra therapy	Music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive and social needs of individuals of all ages.
1	Shabda		
2	Sparsha		
3	Rupa		
4	Rasa		
5	Gandha		

Task – 2: Write the utility of Sartha Gunas in clinical practice.

Sr. No.	Sartha Guna	Indriya related to it	Use of Sartha Guna in clinical practice
1	Shabda		
2	Sparsha		
3	Rupa		
4	Rasa		
5	Gandha		

Task – 3: Identification of Dravya according to its different Rasa:

Sr. No.	Dominant Rasa	Name of the Ahara dravyas	Name of the Aushadha dravyas
1	Madhura		
2	Amla		
3	Lavana		
4	Katu		
5	Tikta		
6	Kashaya		

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Date of starting:
Date of completion:

1. यस्य बृंहणे कर्मणे शक्ति स गुरु ।
2. यस्य _____ कर्मणे शक्ति स लघु ।
3. यस्य _____ कर्मणे शक्ति स मन्द ।
4. यस्य _____ कर्मणे शक्ति स तिक्ष्ण ।
5. यस्य _____ कर्मणे शक्ति स हिम ।
6. यस्य _____ कर्मणे शक्ति स उष्ण ।
7. यस्य _____ कर्मणे शक्ति स स्निग्ध ।
8. यस्य _____ कर्मणे शक्ति स रुक्ष ।
9. यस्य _____ कर्मणे शक्ति स श्लक्ष्ण ।
10. यस्य _____ कर्मणे शक्ति स खर ।
11. यस्य _____ कर्मणे शक्ति स सान्द्र ।
12. यस्य _____ कर्मणे शक्ति स द्रव ।
13. यस्य _____ कर्मणे शक्ति स मृदु ।
14. यस्य _____ कर्मणे शक्ति स कठिन ।
15. यस्य _____ कर्मणे शक्ति स स्थिर ।
16. यस्य _____ कर्मणे शक्ति स चल ।
17. यस्य _____ कर्मणे शक्ति स सूक्ष्म ।
18. यस्य _____ कर्मणे शक्ति स स्थूल ।
19. यस्य _____ कर्मणे शक्ति स विशद ।
20. यस्य _____ कर्मणे शक्ति स पिच्छिल ।

[illegible]

Sr. No.	Name of Aushadha	Guru	Manda	Hima	Snigdha	Slakshna	Sandra	Mridu	Sthira	Sukshma	Vishada	Dominant Guna
E.g.	Black pepper							+		++	+++	Vishada etc.
1												
2												
3												
4												
5												

Task – 3: Observe any five persons in different seasons and write the effects of Seasons on Gurvadi Gunas of body.

Sr. No.	Seasons	Effects on Gurvadi Gunas of body/ body parts
1-2	Hemanta & Shishira (Winter season)	External part of body: Jatharagni: Doshas: Specific complaint/disease in particular season:
3	Vasanta (Spring season):	External part of body: Jatharagni: Doshas: Specific complaint/disease in particular season:
4	Grishma (Summer season):	External part of body: Jatharagni: Doshas: Specific complaint/disease in particular season:
5	Varsha(Rainy season):	External part of body: Jatharagni: Doshas: Specific complaint/disease in particular season:
6	Sharada (Autumn season):	External part of body: Jatharagni: Doshas: Specific complaint/disease in particular season:

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Practical No. : 11

Date of starting:

Name of the practical : Application of Paradi guna

Date of completion:

Reference :

Task: Application of Paradi Guna to maintain the health of healthy person.

1) Para (Supreme):

2) Apra (Subordinate):

3) Yukti (Planning):

4) Sankhya (Number):

5) Samyoga (Conjugation):

6) Vibhaga (Separation):

7) Pruthaktva (Segregation):

8) Parimana (Measurement):

9) Samskara:

10) Abhyasa (Repetition):

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Practical No. : **12**
Name of the practical : Atmaja Guna
Reference :

Date of starting:
Date of completion:

Task: Frame your real life situations/incidences related to Atmaja Guna.

1) Buddhi (Intelligence):

2) Sukha (Happiness):

3) Dukha (Pain):

4) Ichchha (Desire):

5) Dwesha (Aversion):

6) Prayatna (Volition):

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Practical No. : **13**
Name of the practical : Karma
Reference :

Date of starting:
Date of completion:

Task - 1: Make a 'collage' of picture/photos depicting the five types of Panchakarma.

Task - 2: Make a 'collage' of picture/ photos depicting various types of Shashtra karmas.

Task - 3: Make a list of Karmas performed by different types of Ahara or Aushadha dravyas in body.

Sr. No.	Name of Dravya	Karma
E.g.	Hingu	Chhedana, Dipana, Anulomana, Vata-Kapha Shamana
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

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Practical No. : **14**

Date of starting:

Name of the practical : Pratyaksha Pramana - I

Date of completion:

Reference :

Task - 1 Write the name of sense organs and various kinds of characteristics of physical body perceived by different sensory organs during examination of person.

Sr. No.	Name of the Sense organ	Characteristics related to physical body perceived by sense organ
1.		
2.		
3.		
4.		
5.		

Task - 2 Perceive the knowledge of herbal plant by the use of different sensory organs.

Sr. No.	Name of Herbal plant	Identification marks	Name of sense organ used
1.			
2.			
3.			
4.			
5.			

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Practical No. : 15

Date of starting:

Name of the practical : Pratyaksha Pramana - II

Date of completion:

Reference :

Task - 1 Write the name of equipment, object/task useful to overcome the limitations of Pratyaksha Pramana.

Sr. No.	Limitations of sensory organs in condition of	Name of equipment /object/ task/ ideas to overcome it
1.	अतिसन्निकर्षात्	
2.	अतिविप्रकर्षात्	
3.	आवरणात्	
4.	करणदौर्बल्यात्	
5.	मनोनवस्थानात्	
6.	समानाभिहारात्	
7.	अभिभवात्	
8.	अतिसौक्ष्म्यात्	

Task -2 Justifications of use of various equipments in examination of patient and diagnosis of disease. (X-ray, USG etc.)

Sr. No.	Name of instrument	Mainly used for	Name the sense organ related to it
1.	Microscope		
2.	Telescope		
3.	U.S.G.		
4.	Endoscope		
5.	Proctoscope		
6.	Ophthalmoscope		
7.	CT Scan		
8.	MRI		
9.	X-Ray		
10.	Stethoscope or Foetal scope		
11.	Telephone		
12.	Hearing aids		
13.	Spectacles		
14.	Night vision glass		
15.	Otoscope		

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Practical No. : 16

Date of starting:

Name of the practical : Anumana Pramana

Date of completion:

Reference :

Definition of Vyapti: हेतु साध्ययो अविनाभाव संबन्धः व्याप्ति ।

Invariable relation between cause and effect

Task - 1: Write three examples of Vyapti related to your personal life.

E.g. The child eats only junk food and never does exercise (Causes) that is why he is obese (effect).

1)

2)

3)

Task - 2: Write the five examples of Anumana Pramana as per the types of it.

(पूर्ववत, शेषवत & सामान्यतो द्रष्ट)

A. पूर्ववत (भविष्यकालिक अनुमान)

Example 1:

Example 2:

Example 3:

Example 4:

Example 5:

B. शेषवत (अतीतकालिक अनुमान)

Example 1:

Example 2:

Example 3:

Example 4:

Example 5:

C. सामान्यतो द्रष्ट (वर्तमानकालिक अनुमान)

Example 1:

Example 2:

Example 3:

Example 4:

Example 5:

PANCHAVAYAVA VAKYA

Task - 3: Write any one example of Panchavayava vakya related to practicals performed by you.

E.g.

Pratigya (Proposition):

Hetu (Cause):

Udaharana (Examples):

Upanaya (Discussion):

Nigamana (Conclusion):

Task - 3 : Write an example of Hetvabhas:

(सव्यभिचार, विरुद्ध, सत प्रतिपक्ष, असिद्ध, बाधित)

(1) Example of सव्यभिचार हेत्वाभासः

A. साधारण सव्यभिचार हेत्वाभासः

B. असाधारण सव्यभिचार हेत्वाभासः

C. अनुपसम्हारी सव्यभिचारी हेत्वाभासः

(2). Example of विरुद्ध हेत्वाभासः

(3) Example of सतप्रतिपक्ष हेत्वाभासः

(4) Example of असिद्ध हेत्वाभासः

A. आश्रय असिद्ध

B. स्वरूप असिद्ध

C. व्याप्यत्व असिद्ध

(5) Example of बाधित हेत्वाभासः

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TERM III

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Practical No. : 17

Date of starting:

Name of the practical : Samanya – Vishesha Sidhaanta

Date of completion:

Reference :

Task: Visit the Herbal garden of college and find out the Samanyatva(Similarities) and Visheshatva (Difference) among plants.

Date of the visitation of Herbal garden:/ /.....

A. Samanyatva (Similarities) among plants:

- 1.
- 2.
- 3.
- 4.
- 5.

B. Visheshatva (Difference) among plants:

- 1.
- 2.
- 3.
- 4.
- 5.

Task: 2 Make a list of any five examples of seasonal vegetables and fruits in preview of their impact on Doshas by Samanya/Vishesha principle.

Samanya (Cause for the augmentation in ideal condition):

Name of the seasonal vegetables/fruits	Effect on Dosha	Effect on Dhatus	Effect on Mala	Effect on Agni
1.				
2.				

3.				
4.				
5.				

Vishesha (Cause for Reduction in ideal condition):

Name of the seasonal vegetables /fruits	Effect on Dosha	Effect on Dhatu	Effect on Mala	Effect on Agni
1.				
2.				
3.				
4.				
5.				

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Practical No. : **18**

Date of starting:

Name of the practical : Samavaya

Date of completion:

Reference :

Task: Mention five real life (i.e. Physics, Chemistry, Biology) examples of temporary and permanent relations.

E.g. Temporary relation: Student and College

Permanent relation: Sourness and Lemon

(A) Temporary relation:

- 1)
- 2)
- 3)
- 4)
- 5)

(B) Permanent relation:

- 1)
- 2)
- 3)
- 4)
- 5)

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Practical No. : 19

Date of starting:

Name of the practical : Abhava

Date of completion:

Reference :

Application: Write any five real life experiences or prior learning (i.e. Physics, Chemistry, Biology) of Pragabhava, Pradhwamsabhava, Atyantabhava and Anyonyabhava.

A. Real life experiences of Pragbhava:

Example	Pragbhava	Existence of the object
1		
2		
3		
4		
5		

B. Real life experiences of Pradhwamsabhava

Example	Existence of the object	Pradhwamsabhava
1		
2		
3		
4		
5		

C. Real life experiences of Atyantabhava

Example	Absence of the object in past	Absence of the object at present	Absence of the object in future
1			
2			
3			
4			
5			

D. Real life experiences of Anyonyabhava.

Example	Object 1	Object 2
1		
2		
3		
4		
5		

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Practical No. : **20**

Date of starting:

Name of the practical : Upamana Pramana

Date of completion:

Reference :

Task: Write any five examples of Upamana Pramana from your prior learning (Physics, Chemistry etc) and from Ashtang Hriday and Charak Samhita.

E.g. Five types of bones according to shapes are Nalakasthi, Valayasthi, Kapalasthi, Ruchakasthi and Tarunasthi.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

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Practical No. : 21
Name of the practical : Yukti Pramana
Reference :

Date of starting:
Date of completion:

Definition of Yukti Pramana:

बुद्धिः पश्यति या भावान्बहुकारणयोगजान् ।
युक्तिस्त्रिकाला सा ज्ञेया त्रिवर्गःसाध्यते यया ॥ चरक-सु.११/२५

A. Write your real life examples or prior learning (i.e. Physics, Chemistry, Biology)

examples of Yukti.

- a)
- b)
- c)
- d)
- e)

B. Examples of Yukti pramana from Ayurveda.

- a)
.....
- b).
.....
- c).....
.....
- d).....
.....
- e).....
.....

Early Clinical Exposure (ECE) :Yukti Pramana

No.	Batch	Date	Resident	Rural/Urban
Name:			Socio-Economical Status:	Lower/Middle/Upper
Age:			Education:	I/P/S/HS/G/PG
Address:			Sex:	MALE/FEMALE
Occupation:			Mob:	
			K/C/O:	

Chief Complaints:

Associated complaints:

A. Role of Yukti in Sharira (दोषधातुमलामूलं हि शरीरम्).

- a. Status of Vata dosha in the body. [Samchaya/Prakopa/Prasara]
- b. Status of Pitta dosha in body. [Samchaya/Prakopa/Prasara]
- c. Status of Kapha dosha in body. [Samchaya/Prakopa/Prasara]

B. Role of Yukti in Diagnosis.

- a. Nidana
- b. Purvarupa... ..
- c. Rupa... ..
- d. Upashaya... ..
- e. Samprapti... ..

C. Role of Yukti in Chikitsa. [Shodhana/Shamana]**D. Role of Yukti in Anusandhana.** [Optional treatment can be given].

1.
2.
3.

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Practical No. : **22**

Date of starting:

Name of the practical : Different types of Vadas

Date of completion:

Reference :

- (1) Parinama Vada: (Write any five examples of Parinamavada from your prior learning i.e. Physics, Biology etc and Ayurveda)

(2) Satkaryavada:

(Write any five examples of Satkaryavada from your prior learning i.e. Physics, Biology etc and Ayurveda)

(3) Swabhavoparama Vada:

(Write any five examples of Swabhavoparama vada from your prior learning i.e. Physics, Biology etc and Ayurveda)

(4) Pakajotpatti siddhanta (Peelupaka & Pitharapaka):

(Write any five examples of Peelupakavada and Pitharapaka vada from your prior learning i.e. Physics, Biology etc and Ayurveda)

(5) Arambhavada:

(Write any five examples of Arambhavada from your prior learning i.e. Physics, Biology etc and Ayurveda)

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Practical No. : **23**

Date of starting:

Name of the practical : Karya-Karana Bhava

Date of completion:

Reference :

Task - 1: Write any ten examples showing a cause and its effect in this table.

	Karana (Cause)	Karya (Effect)
Example 1		
Example 2		
Example 3		
Example 4		
Example 5		
Example 6		
Example 7		
Example 8		
Example 9		
Example 10		

Task 2: Find out and write the types of Karanas for both of the below mentioned situations.

Sr. No.	Type of Karana	For the manifestation of disease	For the eradication of disease
1.	Samavayi		
2.	Asamavayi		
3.	Nimitta		

Task: 3 Assess the 10 factors of Karya-Karana bhavas mentioned by Acharya Charak and write two examples of it.

Sr.	Bhava	Example -1	Example -2
1	Kaarana		
2	Karana		
3	Karya Yoni		
4	Karya		
5	Karya Phala		
6	Anubandha		
7	Desha		
8	Kala		
9	Pravritti		
10	Upaya		

Task: 4

Write in brief about different theories of evolution based on your prior learning and as per Darshanas and Ayurveda.

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ACTIVITY BOOK

Practical No. : 24 Oral presentation

Sr. No	Topic of Oral presentation	Term	Date of presentation	Performance Good/Average/Poor	Sign of Teacher
1					
2					
3					
4					
5					

Practical No. : 25 Quiz

Sr. No	Topic of Quiz	Term	Date of the quiz	Performance Good/Average/Poor	Sign of Teacher
1					
2					
3					
4					
5					

Practical No. : 26 Shloka Recitation & Writing:

Task: Recite and write down the Shlokas of Padartha Vijnana.

Shloka No. 1 Topic of the Shloka:

Reference:

.....
.....

Shloka No. 2 Topic of the Shloka:

Reference:

.....
.....

Shloka No. 3 Topic of the Shloka:

Reference:

.....
.....

Shloka No. 4 Topic of the Shloka: Reference:
.....

Shloka No. 5 Topic of the Shloka: Reference:
.....

Shloka No. 6 Topic of the Shloka: Reference:
.....

Shloka No. 7 Topic of the Shloka: Reference:
.....

Shloka No. 8 Topic of the Shloka: Reference:
.....

Shloka No. 9 Topic of the Shloka: Reference:
.....

Shloka No. 10 Topic of the Shloka: Reference:
.....

Shloka No. 11 Topic of the Shloka: Reference:
.....

Shloka No. 12 Topic of the Shloka: Reference:
.....

Shloka No. 13 Topic of the Shloka: Reference:
.....

Shloka No. 14 Topic of the Shloka: Reference:
.....

.....
Shloka No. 15 Topic of the Shloka:

Reference:

.....
Practical No. : 27 Quick elocution on topics of Padartha Vijnana:

Task: Each student will pick a chit and speak on particular topic of Padartha Vijnana written in it.

Topic no. 1

Date:

Sign of Teacher:

Topic no. 2

Date:

Sign of Teacher:

Topic no. 3

Date:

Sign of Teacher:

Topic no. 4

Date:

Sign of Teacher:

Topic no. 5

Date:

Sign of Teacher:

Topic no. 6

Date:

Sign of Teacher:

Practical No. : 28 E-charts / Animations etc.

Sr. No	Topic of E-chart/animation	Term	Date of the Preparation	Performance Good/Average/Poor	Sign of Teacher
1					
2					
3					
4					
5					

Practical No.

: 29

Attached your ppt print here:

Practical No.

: 30

Any other activity must be place here.

Any Additional activities given by faculties attached herewith.