



## *World Skill Development Institute*

### **Vedic Medicine(Ayurveda)**

**Course Duration – 1 Year.**

#### **AYURVEDA THE TRADITIONAL HEALTH SCIENCE OF INDIA**

Ayurveda is one of the great gifts of the sages of ancient India to mankind. It is one of the oldest scientific medical systems in the world, with a long record of clinical experience. However, it is not only a system of medicine in the conventional sense of curing disease. It is also a way of life that teaches us how to maintain and protect health. It shows us both how to cure disease and how to promote longevity. Ayurveda treats man as a “whole” – which is a combination of body, mind and soul. Therefore it is a truly holistic and integral medical system. The word “Ayu” means all aspects of life from birth to death. The word “Veda” means knowledge or learning. Hence Ayurveda indicates the science by which life in its totality is understood. It is a way of life that describes the diet, medicine and behavior that are beneficial or harmful for life. The roots of Ayurveda can be traced to the beginning of cosmic creation. Indian philosophers state that Ayurveda originated from Brahma, the creator of the universe. Brahma is not a mere individual but the manifest from the Divine Lord, from whom the whole manifest world comes into being. The desire to maintain fitness, health and longevity is one of the basic instincts of all creatures. Ayurveda in this respect sets the pattern for other systems of medicine. It is a tradition with an antiquity comparable to that of life itself. The magico-religious aspect of medicine in the Vedas was gradually supplemented by observations based on scientific thinking. Ayurvedic scholars from subsequent generations gave a sound and logical footing of philosophy to Ayurveda. The material scattered in the Vedas was collected, subjected to rigid tests of efficacy and systematically arranged. Such compilations were called “Samhitas.” Many of these compilations no longer exist. Only three authentic works have stood the test of time and are available today – the Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya Samhita. This great trio – the Brihatrayi as it is called – has enjoyed much popularity and respect for the last two thousand years. Although these texts have undergone some modification by various authors in subsequent periods, their present form is at least 1200 years old. They are all in the Sanskrit language.

## **CHARAKA**

The Charaka Samhita is the oldest of the three and was probably first compiled around 1500 BC. It is considered the prime work on the basic concepts of Ayurveda. Charaka represents the Atreya School of physicians. It is a systematic work divided into eight Sthanas or sections, which are further divided into 120 chapters.

## **SUSHRUTA**

Sushruta represents the Dhanwantri School of surgeons, and is considered in Ayurveda to be the father of surgery. Even a great American society of surgeons is named after Sushruta. In the Sushruta Samhita there are sophisticated descriptions of diseases and surgical instruments.

## **ASHTANANGAHRIDYA**

The next important authority in Ayurveda after Charaka and Sushruta is Vagbhatta of Sindh, who flourished about the seventh century AD. His treatise called Ashtanga Hridaya.

## **THE EIGHT BRANCHES OF AYURVEDA**

Kaya Chikitsa  
(General medicine)

Shalya Tantra  
(Surgery)

Shalaky Tantra  
(Diseases of Eye, Ear, Nose & Throat)

Kaumarbhritya  
(Children diseases, obstetrics and Gynecology)

Agada Tantra  
(Toxicology)

Bhuta Vidya  
(Psychiatry)

Rasayana  
(Rejuvenation), and

Vajikarana  
(Aphrodisiac/sexology)

## **1 History**

Veda and Ayurveda  
Medical Politics  
Text and Tradition  
The Training of a Physician  
The Modern Age

## **2 Basic Principles**

The Universe, External and Internal  
Sanskrit  
Creation  
The Five Great Elements  
Like and Unlike  
Qualities  
The Three Doshas

## **3 Anatomy**

Earth and Sky  
The Five Sheaths  
Channels of Flow  
Constitution

## **4 Routine**

A Life Well Lived  
Land and Space  
Rasa  
Time Cycles  
Mind and Body  
Seasonal Routines  
Daily Routines  
Pregnancy and Childbirth  
Samskaras

## **5 Food**

Natural Qualities  
Preparation  
Combination  
Amount  
Climate and Season  
Rules of Eating  
The Eater  
Qualities of Specific Foods

## **6 Pathology**

The Fever of Desire  
Disease Personalities

Crimes against Wisdom  
Causes of Disease  
The Six Stages of Disease  
Classification of Diseases  
Immunity

## **7 Diagnosis**

Jyotisha  
Methods of Knowing  
Ama  
Prognosis

## **8 Treatment**

The Importance of Physicians  
Types of Therapy  
Ayurvedic Treatment

## **9 Medicinal Substances**

Plants  
Kshara  
Salt  
Shilajit  
Animal Products

## **10 Pharmacology**

Plant Preparations  
Sneha  
Oils  
Ghees  
Minerals

## **11 Diseases**

Diarrhea  
Fever  
Diabetes  
Respiratory Distress  
Consumption  
Heart Disease  
The Disease of Vata  
Cancer

## **12 Rejuvenation and Virilization**

Regeneration  
Peace and Agitation  
Substances

Virilization  
Kundalini  
Spiritual Medicine

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