PGDY S1 02
Exam Code : IASM

Introduction to Ayurveda and Alternative System of Medicines

First Semester

DIPLOMA IN YOGA

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

Subject Experts

Prof. Mukta Biswas, Professor (Sanskrit), Gauhati University

Dr. Anil Sarma, Govt. Ayurvedic College and Hospital, Guwahati

Yogasarjya Subhasis, Director, Purbanchal Yoga Mahavidyalaya, Guwahati

Course Coordinator : Dr. Indrani Deka, KKHSOU

SLM Preparation Team

Units	Contributor
1, 2, 3	**Dr. Anil Sarma,** Govt. Ayurvedic College and Hospital, Guwahati
4	**Minakshi Gogoi,** Yoga Teacher

Editorial Team

Content	:	**Prof. Balinarayan Phukan,** HOD, Dept of Yogic Science and Naturopathy, MSSV, Guwahati
Translator	:	**Bhaswati Goswami**
Format	:	**Dr. Indrani Deka,** KKHSOU

January, 2021

ISBN : 978-93-91026-24-0

© Krishna Kanta Handiqui State Open University.


This Self Learning Material (SLM) of the Krishna KantaHandiqui State Open University is made available under a Creative Commons Attribution-NonCommercial-Share Alike 4.0 License (international): http://creativecommons.org/licenses/by-nc-sa/4.0/

For the avoidance of doubt, by applying this license KKHSOU does not waive any privileges or immunities from claims that it may be entitled to assert, nor does KKHSOU submit to the jurisdiction, courts, legal processes or laws of any jurisdiction.

Printed and published by Registrar on behalf of the Krishna Kanta Handiqui State Open University.

The University acknowledges with thanks the financial support provided by the **Distance Education Bureau, UGC, New Delhi,** for the preparation of this study material.

Headquarters : Patgaon, Rani Gate, Guwahati - 781017
City Office : Khanapara Resham Nagar, Guwahati - 781022
Web : www.kkhsou.in

COURSE INTRODUCTION

Introduction to Ayurveda and Alternative system of mediciones is the Second Course of first semester diploma in yoga programme. In this course we have included various important aspects of Ayurveda, The units are as follows -

Unit 1 - Introduction to Ayurveda

Unit 2 - Definition of Ayurveda

Unit 3 - Swasthavritta (Health Hygiene)

Unit 4 - Alternative Medical Procedure

While going through a unit, you will notice some along-side boxes, which have been included to help you know some of the difficult, unseen terms. Again, we have included some relevant concepts in 'LET US KNOW' along with the text. And, at the end of each section, you will get 'CHECK YOUR PROGRESS' questions. These have been designed to self-check your progress of study. It will be better if you solve the problems put in these boxes immediately after you go through the sections of the units and then match your answers with 'ANSWERS TO CHECK YOUR PROGRESS' given at the end of each unit.

CONTENTS

		Pages
UNIT 1 :	**Introduction to Ayurveda** Understanding AYUSH and Alternative Medical Procedure; Meaning of *Ayurveda :* Origin of Ayurveda, Eight Limbs of Ayurveda, Ayurvedic Healing, Characteristics of Ayurveda, Benefits of Using Ayurveda; Yoga and Naturopathy : Yoga for Health and Wellbeing, Benefits of Yoga; Unani : Characteristics of Unani Medicine, Unani Medical System, Siddha : Basic Principles of Siddha, Siddha Healing and Medicine; Homoeopathy.	**5 - 25**
UNIT 2 :	**Definition of Ayurveda** Definition of Ayurveda; Aim and Objectives of Ayurveda : Definition of Health, Importance of the Five Great Elements in Ayurveda, Dosha (Bio-element, Dhatu (Tissue), Mala (Waste Materials), Body, and Health according to Ayurveda Siddhanta; Significance of Agni (fire/heat) : Primary Causes of the Pollution of Agni, Types of Pollutions of Agni; Rasa (Plasma); Importance on Dosha (Bio-elements), Dhatu (Tissues) and Mala (Waste Materials) by Ayurveda Samhita; Laws of Ayurvedic Healing : Pancha Karma Medical Practice, Alternative Medical Practice.	**26 - 45**
UNIT 3 :	**Swasthavritta (Health Hygiene)** Swasthavritta (Code of Health Conduct) : Symptoms of Healthy State (Swastha), Significance of Healthy State (Swastha); Health and Disease : Two Kinds of Swastha-Vritta (Health Conduct); Dincharya (Daily Routine); Nasya; Exercise; Abhyanga (Massage); Bath; Ritucharya (Seasonal Routine) : Definition, Primary Rules and Regulations of Ritucharya; Swasthavritta and Sadvritta (Health Hygiene and Ethical Regiments) : Sadvritta in Accordance to Gandhi.	**46 - 67**
UNIT 4 :	**Alternative Medical Procedure** Reiki; Naturopathy; Acupuncture; Acupressure; Aromatherapy; Ayurveda; Hypnotherapy; Homoeopathy; Yoga.	**68 - 75**